

WELCOME TO OUR OFFICE

PLEASE PRINT

Full Name _____ Nickname _____ Date _____
Address _____ Apt. # _____ Age _____ Date of Birth ____/____/____
City, State _____ Zip _____ email _____ Driver's Lic # _____
Home Ph# _____ Work Ph# _____ Cell Ph# _____
Marital Status: Married Single Widowed Divorced Separated Number of Children _____
Employer _____ Employers Address _____
Years Employed _____ Job Title _____ Type of Work _____
Spouse's Name _____ Spouse's Employer _____
Name of Insurance Company _____ Phone# _____
Are you insured through your spouse or parent? Yes No If yes, what is their name? _____
Social Security # _____ Date of Birth ____/____/____ Employer _____
How will payment be made? Cash Check Credit Card Workers' Comp Health Ins. Medicare Auto Ins. Lien
Who should we thank for your referral to our office? _____
Who is your Primary Care Physician? _____ Phone: _____
Address _____ Fax: _____

To help your first visit go smoothly here is what you can expect during approximately the next 45-75 minutes:

- 1. Paperwork** Give your forms to the receptionist when you have completed them. The doctor will use this information to learn about your present health status. **If this visit is regarding an auto accident, a work injury or managed care please let us know, additional forms may be required.** Also take a moment to review and sign our financial policy.
- 2. Consultation** You will meet the doctor, who will review your paperwork and discuss your health history and your present complaint. You will be advised of the cost of any office procedure.
- 3. Examination** A complete examination, including any necessary X-rays, will be performed. Afterwards the doctor will review the results and determine if Chiropractic can help you. When appropriate, you will be referred to other health care professionals.
- 4. Initial Treatment** If you are currently in pain, initial pain relief treatment will begin on your first visit. This may consist of any of the following

Chiropractic Adjustment - The doctor will use a carefully directed and controlled pressure to begin restoring normal motion and position to the moveable bones of your spine. You may feel or hear a slight pop or snap, which is due to joint movement.

Additional Therapy Procedures such as heat, ice, traction, electrical therapy, ultrasound, and diathermy. These procedures are helpful to reduce the pain, spasm, inflammation, or stiffness you may have.
- 5. Home Therapy** The doctor may suggest home use of ice, heat, or stretching exercises, nutritional supplements, and orthopedic supports to reduce your discomfort.
- 6. Future Visits** On your next visit plan to spend 30 - 45 minutes to receive the doctor's report of findings and additional treatment. You are always welcome to bring any family members or friends along so they can learn about your condition.

We hope this information will help to make your first visit more pleasant. If you have any questions don't hesitate to ask. If you were referred by one of our patients let them know we appreciate it.

After you have read this form please initial here. _____

PAST HISTORY

Have you ever had this problem or a similar problem before? Yes No If yes, when and what was the outcome? _____

Did you receive treatment? Yes No If yes, who did you see? _____

Have you consulted a chiropractor in the past? Yes No If yes, who? _____

Dates consulted _____ For what problem? _____

What surgeries have you had in the past? _____

Have you had any previous auto accidents, work or sports injuries? Yes No If yes, please explain _____

PLEASE CHECK OFF ALL PAST OR PRESENT SYMPTOMS

past present **HEAD**

- Headaches
- Dizziness
- Tension
- Fainting
- Tired, Fatigue
- Head feels heavy
- Light bothers eyes
- Loss of taste or smell

past present **MID-BACK**

- Upper back pain
 - Pain between shoulder
 - Rib pain
- CHEST**
- Chest pain
 - Shortness of breath
 - Breast pain

past present **LOWER BACK**

- Lower back pain
- Buttock pain
- Muscle spasms
- Lower back stiffness
- Back feels tired
- Pain increased by coughing

past present **WOMEN ONLY**

- Menstrual pain
- Cramping
- Irregular cycle
- Birth control _____type
- Hysterectomy
- Caesarean delivery

NECK

- Neck pain
- Neck stiffness
- Neck spasms
- Popping in neck

ABDOMEN

- Heartburn
- Stomach cramps
- Nervous stomach
- Food allergies _____
- Gas
- Constipation
- Diarrhea
- Nausea
- Vomiting
- Blood in stool
- Hepatitis

HIP,LEG&FOOT

- Hip pain (R-L)
- Pain in leg (R-L)
- Knee pain (R-L)
- Knee gives way
- Leg cramps
- Shooting pain in leg/foot (R-L)
- Tingling in leg/foot (R-L)
- Numbness in leg/foot (R-L)
- Swollen ankles
- Ankle/Foot pain (R-L)
- Ankle sprain (R-L)

MEN ONLY

- Urinary frequency
- Difficulty starting urination
- Painful urination

SHOULDER

- Shoulder jt pain (R-L)
- Tension in shoulders

ARM&HAND

- Arm pain (R-L)
- Arm numbness (R-L)
- Wrist/hand pain (R-L)
- Weak grip (R-L)
- Elbow pain (R-L)
- Cold hands

FAMILY HISTORY

- Cancer
- Diabetes
- Heart Disease
- Arthritis

MISC.

- Loss of bowel or bladder control
- Loss of memory
- Fever
- Cancer

GENERAL

- Nervousness
- Irritable
- Depression
- Fatigue
- Loss of sleep _____hrs./night
- Loss of weight _____lbs.
- Gain of weight _____lbs.
- Coffee _____cups/day Tea _____cups/day
- Alcohol _____drinks per week
- Pain worse at night or at rest

Are you pregnant? Yes No If yes, what is your due date? _____

Do you smoke? Yes ___ packs per day No If you quit smoking, when? _____

Are you taking any medications? Yes No What kind? _____

Do you take any vitamins or other supplements? Yes No What kind? _____

Do you exercise regularly? Yes No If yes, what type and how often? _____

Patient's Signature

Date