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VIDA CHIROPRACTIC
Experience the Gonstead Difference.

# CONFIDENTIAL PATIENT INFORMATION

## Personal Information

| | |
|---|---|
| **Full name:** | **Date:** |
| **Address:** Street City State Zip | |
| **Home phone:** | **Work phone:** |
| **Cell phone:** | **Email address:** |
| **Best time/place to contact you:** | |
| **Date of birth:** | **Age:** |
| **No. of children:** | **Pregnant? Yes ☐ No ☐** |
| **Height:** | **Weight:** |
| **Driver's license number:** | |
| **Marital status: M S W D** | **Spouse/guardian name:** |
| **Occupation:** | |
| **Employer's name & address:** | |
| **Spouse's Occupation/Employer:** | |
| **Name of person responsible for account:** | |
| **Do you have insurance that covers Chiropractic care?** **Yes ☐ No ☐** | **Do you have Medicare coverage?** **Yes ☐ No ☐** |
| **Name of Insurance Company:** | |
| **Insurance Policy number:** | **Insurance Company phone number:** |
| **Insurance Company address:** | |

**Who may we thank for referring you?** _____

## Addressing What Brought You Into This Office:

*If you have no symptoms or complaints and are here for Optimal Health & Wellness Services, please skip to the **"General Health History"**.*

## Health Concerns

| Please list your health concerns according to their severity | Rate of severity 1 = mild 10 = worst imaginable | When did this episode start? | If you had this condition before, when? | Did the problem begin with an injury? | % of the time pain/symptom present |
|---|---|---|---|---|---|
| 1. | | | | | |
| 2. | | | | | |
| 3. | | | | | |
| 4. | | | | | |

ONSET

Did your symptoms start suddenly or progressively? _____

What were you doing when your symptoms started?_____

Since the problem started is it: About the same? ☐ Getting better? ☐ Getting worse? ☐

_____

_____

Provocation/Palliation
What makes it worse? _____

_____

_____

What makes it better? _____

_____

_____

Quality
How would you describe your symptoms? Dull? Sharp? Ache? Etc.
_____

_____

Region/Radiation
Where do you feel the symptoms? Does it radiate? _____

_____

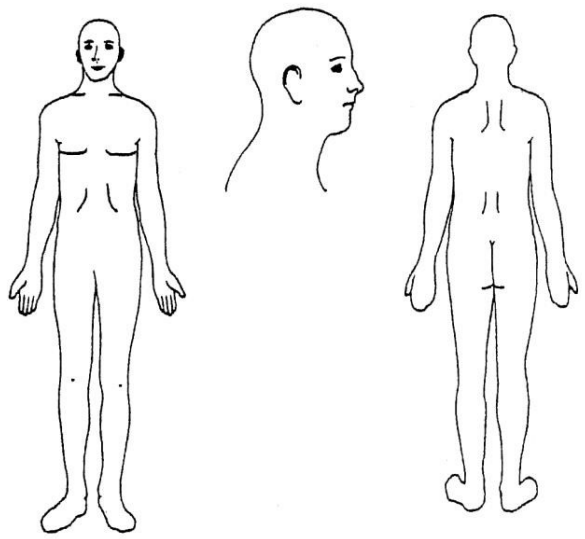
_____

What have you done for this condition? Was it of benefit? _____

_____

_____

Please mark on the diagram below where your problems are located;
**P** = Sharp pain **A** = Ache
**T** = Tightness **N** = Numbness
**W** = Weakness



I do (do not) have a family history of this or similar symptoms (Please explain):
_____

_____

Other doctors you have seen for this condition:

| | |
|---|---|
| "Limited Scope" Chiropractor (focuses mainly on neck and back pain) | ☐ |
| "Wellness" Chiropractor (focuses on health and well being as well as underlying cause of pain and health concerns) | ☐ |
| Medical Doctor | ☐ |
| Dentist | ☐ |
| Other (please describe) | ☐ |

Doctor's details:

| | |
|---|---|
| Name: | Address: |
| When did you see them? | |
| What did they say was wrong? | |
| Did it help? | What did they do? |

| | |
|---|---|
| Name: | Address: |
| When did you see them? | |
| What did they say was wrong? | |
| Did it help? | What did they do? |

Have you been "forced" or "felt the need" to make any "positive" changes in your life due to this pain, illness, condition, etc? (i.e., eat better, less alcohol or drugs, meditate or breathe more, less destructive sports, activities, etc.) If so, what?

_____

_____

Is this condition interfering with any of the following:

| | | | | |
|---|---|---|---|---|
| Work ☐ | Sleep ☐ | Daily routine ☐ | Sports/exercise ☐ | Other ☐ (please explain): |

## General Health History

*Often times, accumulation of life's stress can lead to health problems and influence our ability to heal. Please pay close attention to this as it will help us help you!*

Have you had any surgery? (Please include all surgery)

| | | |
|---|---|---|
| 1. Type: | When? | Doctor |
| 2. Type: | When? | Doctor |
| 3. Type: | When? | Doctor |
| 4. Type: | When? | Doctor |

Have you had any accidents and/or injuries: auto, work-related, or other? (Especially those related to your present problems).

| | | |
|---|---|---|
| 1. Type: | When? | Hospitalized? Yes ☐ No ☐ |
| 2. Type: | When? | Hospitalized? Yes ☐ No ☐ |
| 3. Type: | When? | Hospitalized? Yes ☐ No ☐ |

Have you ever had x-rays taken?

| | | |
|---|---|---|
| Area of body: | When? | Where? |

Do you wear orthotics or heel lifts? Yes ☐ No ☐

## Current Medicines and Supplements

Please list any medications/drugs you have taken in the past 6 months and why: (prescription and non-prescription)

_____

_____

Please list all nutritional supplements, vitamins, homeopathic remedies you presently take and why:

_____

_____

| | |
|---|---|
| Are you interested in knowing more about how your nutrition (food you eat) affects your overall health and well-being? | Yes ☐ No ☐ Maybe ☐ |
| If dietary changes are indicated would you be willing to make changes in your diet? | Yes ☐ No ☐ Maybe ☐ |
| Would you take whole food supplements if indicated? | Yes ☐ No ☐ Maybe ☐ |
| If specific exercises or stretching would help would you consider adding them to your program? | Yes ☐ No ☐ Maybe ☐ |
| If reducing stress would help you would you like to know ways to reduce stress? | Yes ☐ No ☐ Maybe ☐ |

## Diet

Please circle any dietary selection that is appropriate for you, and grade according to the following scale:

**D** - Consume this daily | **FD** - Consume this a few times per day **| W** - Consume this weekly | **FW** - Consume this a few times per week
**FM** - Consume a few times per month (less than weekly) **| M -** Consume this monthly **| O -** Do not consume this

| | | | |
|---|---|---|---|
| Alcohol | Eggs | Fasting | Artificial Sweetener |
| Tobacco | Fruit | Diet food | Weight Control Diet |
| Coffee | Beef | Refined Sugar | Raw Vegetables |
| Soda | Poultry | Fish | Whole Grains |
| Fried Foods | Organic foods | Seafood | Dairy |
| Cooked or canned vegetables | | | |

The type of diet I usually follow is classified as: _____

## Past Health History

Please mark the following conditions you may have had or have now ( have, had, have now):

| | | | | | |
|---|---|---|---|---|---|
| ☐ Alcoholism | ☐ Allergy | ☐ Anemia | ☐ Arteriosclerosis | ☐ Arthritis | ☐ Asthma |
| ☐ Back Pain | ☐ Cancer | ☐ Cold Sores | ☐ Constipation | ☐ Convulsions | ☐ Depression |
| ☐ Diabetes | ☐ Diarrhea | ☐ Eczema | ☐ Emphysema | ☐ Epilepsy | ☐ Gall Bladder Problems |
| ☐ Gout | ☐ Headaches | ☐ Heart Attack | ☐ Heart Disease | ☐ High Blood Pressure | ☐ HIV (Aids) |
| ☐ Irregular Periods | ☐ Low Blood Sugar | ☐ Malaria | ☐ Measles | ☐ Menstrual Cramps | ☐ Migraines |
| ☐ Miscarriage | ☐Multiple Sclerosis | ☐Mumps | ☐ Neck Pain | ☐ Nervousness | ☐ Neuritis |
| ☐ Pleurisy | ☐ Pneumonia | ☐ Polio | ☐ Rheumatic Fever | ☐ Ringing in ears | ☐Sinus Problems |
| ☐ Stroke | ☐ Thyroid Problems | ☐Tuberculosis | ☐ Ulcers | ☐ Venereal Disease | ☐ Whooping Cough |

Other (please explain) _____
_____

## Stressors

Because accumulation of stress affects our health and ability to heal please list your top three stresses (you have ever had) in each category:

1. Physical stress (falls, accidents, work postures, sports etc.)
   a. _____
   b. _____
   c. _____
2. Bio-chemical stress (smoke, unhealthy foods, missed meals, don't drink enough water, drugs/alcohol, etc.)
   a. _____
   b. _____
   c. _____
3. Psychological or mental/emotional stress (work, relationships, finances, self-esteem, etc.)
   a. _____
   b. _____
   c. _____

On a scale of 1-10 please grade your present levels of stress (including physical, bio-chemical and psychological or mental/emotional):

| | | |
|---|---|---|
| At work: | At home: | At play: |

On a scale of 1-10, (1 being very poor and 10 being excellent) please describe your:

| | | | | |
|---|---|---|---|---|
| Eating habits: | Exercise habits: | Sleep: | General health: | Mind set: |

How do you grade your physical health?

| | | | | | |
|---|---|---|---|---|---|
| Excellent ☐ | Good ☐ | Fair ☐ | Poor ☐ | Getting better ☐ | Getting worse ☐ |

How do you grade your emotional/mental health?

| | | | | | |
|---|---|---|---|---|---|
| Excellent ☐ | Good ☐ | Fair ☐ | Poor ☐ | Getting better ☐ | Getting worse ☐ |

Is there anything else which may help to better understand you which has not been discussed?

_____
_____
_____
_____

Why are you here at this point in time?

_____
_____
_____
_____

I consent to a professional and complete chiropractic examination and to any radiographic examination that the doctor deems necessary. I understand that any fee for service rendered is due at the time of service and cannot be deferred to a later date.

Print Patient Name: _____ Date: _____

Signature: _____