

Name _____

Date _____

HEAD:

- ☐ Headache
 - ☐ constant ☐ off and on
 - ☐ mild ☐ moderate ☐ severe
 - ☐ Sinus (allergy)
 - ☐ Entire head
 - ☐ Back of Head
 - ☐ Forehead
 - ☐ Temples
 - ☐ Migraine
- ☐ Head feels heavy
- ☐ Loss of vision
- ☐ Buzzing in ears
- ☐ Loss of memory
- ☐ Loss of taste
- ☐ Ringing in ears
- ☐ Light headedness
- ☐ Loss of balance
- ☐ Dizziness
- ☐ Fainting
- ☐ Double vision
- ☐ Pain in ears

NECK:

- ☐ Pain in neck
 - ☐ Constant ☐ Off and On
 - ☐ Mild ☐ moderate ☐ severe
 - ☐ Pain with movement
 - ☐ Foreword
 - ☐ Backward
 - ☐ Turn to left
 - ☐ Turn to right
 - ☐ Bend to left
 - ☐ Bend to right
- ☐ Grinding sounds in neck
- ☐ Neck feels out of place
- ☐ Popping sounds in neck
- ☐ Arthritis in neck
- ☐ Pinched nerve in neck

SHOULDERS:

- ☐ Pain in shoulder joint (R) (L)
- ☐ Pain across shoulders
- ☐ Bursitis (R) (L)
- ☐ Arthritis (R) (L)
- ☐ Can't raise arm (R) (L)
 - ☐ Above shoulder level
 - ☐ Over head
- ☐ Tension in shoulder (R) (L)
- ☐ Pinched nerve in shoulder (R) (L)
- ☐ Muscle spasm in shoulder (R) (L)

ABDOMEN:

- ☐ Nervous stomach
- ☐ Constipation
- ☐ Diarrhea
- ☐ Foods can't eat _____
- ☐ Nausea
- ☐ Gas
- ☐ Hemorrhoids

MIDBACK:

- ☐ Mid-back pain
 - ☐ Constant ☐ Off and On
 - ☐ Mild ☐ moderate ☐ severe
- ☐ Location _____

- ☐ Dull ache
- ☐ Pain from front to back
- ☐ Pain between shoulder blades
- ☐ Pain kidney area

LOW BACK:

- ☐ Low back pain
 - ☐ Constant ☐ Off and On
 - ☐ Upper lumbar
 - ☐ Lower lumbar
 - ☐ Sacroiliac joint (R) (L)
- Low back pain is worse when:
 - ☐ Working
 - ☐ Standing
 - ☐ Lifting
 - ☐ Sitting
 - ☐ Lying down
 - ☐ Stooping
 - ☐ Bending
 - ☐ Walking
- ☐ Pain relieves when _____
- ☐ Slipped disk level _____
- ☐ Low back feels out of place ☐ Muscle spasms
- ☐ Arthritis

CHEST:

- ☐ Chest Pain
- ☐ Shortness of breath
- ☐ Pain around ribs
- ☐ Breast pain
- ☐ Irregular heartbeat

ARMS & HANDS:

- ☐ Pain in upper arm (R) (L)
- ☐ Pain in elbow (R) (L)
- ☐ Movement aggravated
- ☐ Tennis elbow (R) (L)
- ☐ Sensation of pins & needles in fingers (R) (L)
- ☐ Pain in fingers (R) (L)
- ☐ Pain in hands (R) (L)
- ☐ Sensation of pins & needles in arm (R) (L)
- ☐ Swollen joints in fingers (R) (L)
- ☐ Pain in forearm (R) (L)
- ☐ Fingers go to sleep
- ☐ Hands cold (R) (L)
- ☐ Numbness in fingers (R) (L)
- ☐ Sore joints in fingers
- ☐ Arthritis in fingers
- ☐ Numbness in fingers
- ☐ Loss of grip strength

HIPS LEGS & FEET:

- ☐ Constant ☐ Off and On
- ☐ Pain in buttocks (R) (L)
- ☐ Knee pain (R) (L)
 - ☐ Inside
 - ☐ Outside
- ☐ Cramps in feet (R) (L)
- ☐ Numbness of toes
- ☐ Pain in hip joint (R) (L)
- ☐ Pins & needles in legs (R) (L)
- ☐ Feet feel cold (R) (L)
- ☐ Pain down leg (R) (L)

- ☐ Numbness of leg (R) (L)
- ☐ Swollen ankles (R) (L)
- ☐ Pain down both legs
- ☐ Leg cramps (R) (L) where _____
- ☐ Numbness of feet (R) (L)
- ☐ Swollen feet (R) (L)

WOMEN ONLY:

- ☐ Menstrual pain _____ (where)
- ☐ Cramping
- ☐ Irregularity
- ☐ Cycle _____ Days
- ☐ Birth control _____ (Type)
- ☐ Hysterectomy
- ☐ Genital cancer _____
- ☐ Discharge
- ☐ Menopause
- ☐ Abortions
- ☐ Are you or do you think you are pregnant? _____

MEN ONLY:

- ☐ Urinary frequency
- ☐ Night urination
- ☐ Prostate pain/swelling

GENERAL:

- ☐ Nervousness
- ☐ Depressed
- ☐ Fatigue
- ☐ Generally rundown
- ☐ Loss of sleep
- ☐ Irritable
- ☐ Normal sleep _____ hrs. /night
- ☐ Loss of sleep _____ hrs. /night
- ☐ Gain/loss of weight _____ lbs.
- ☐ Coffee _____ cups/day
- ☐ Tea _____ cups/day
- ☐ Cigarettes _____ pack/day
- ☐ Diabetes
- ☐ Hypoglycemia
- ☐ Heart problems _____
- ☐ Stroke
- ☐ Cancer
- ☐ Lung disease _____
- ☐ Tumors _____
- ☐ Cysts _____
- ☐ Auto accidents when _____
- ☐ Work injuries when _____
- Describe _____
- ☐ Other injuries/health problems _____