HEAD

- □ Headache
  - □ Constant □ Comes & Goes
  - □ Mild □Moderate □Severe
  - □ Sinus or 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 □ Comes & Goes
  - □Mild □Moderate □Severe
  - □Pain with movement
  - □Forward
  - □Backward
  - □Turn to left
  - □Turn to right
  - □Bend to left
  - □Bend to right
- □Grinding sounds in neck
- □Popping sounds in neck
- □Neck feels out of place
- □Arthritis 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 □ Comes & Goes
- □ Mild □Moderate □Severe
- □Dull ache

Location______________________________

- □Pain from front to back
- □Pain between shoulder blades

LOW BACK

- □Low back pain
- □ Constant □ Comes & Goes

Location______________________________

- □ Sacroiliac joint (R) (L)

Low back pain is worse when:

- □Working □Standing
- □Lifting □Sitting
- □Lying down □Stooping
- □Bending □Walking
- □Pain relieved when_______________
- □Bulging disk level_______________
- □Low back feels out of place
- □Muscle spasms
- □Arthritis

ARMS & HANDS

- □Pain in upper arm (R) (L)
- □Pain in forearm (R) (L)
- □Pins & needles in arm (R) (L)
- □Pain in elbow (R) (L)
- □Aggravated by_________________________
- □Pain in hands (R) (L)
- □Hands cold (R) (L)
- □Pain in fingers (R) (L)
- □Pins & needles in fingers (R) (L)
- □Arthritis in fingers
- □Fingers fall asleep
- □Numbness in fingers (R) (L)
- □Sore joints in fingers
- □Swollen joints in fingers (R) (L)
- □Numbness in fingers
- □Loss of grip strength

HIPS, LEGS & FEET

- □ Constant □ Comes & Goes
- □Pain in buttocks (R) (L)
- □Knee pain (R) (L)
  - □Inside □Outside
- □Pain in hip joint (R) (L)
- □Pain down leg (R) (L)
- □Leg cramping (R) (L)
- □Numbness of leg (R) (L)
- □Pins & needles in legs (R) (L)
- □Swollen ankles (R) (L)
- □Feet feel cold (R) (L)
- □Cramps in feet (R) (L)
- □Numbness of feet (R) (L)
- □Swollen feet (R) (L)
- □Numbness of toes

CHEST

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

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 type________
- □Hypoglycemia
- □Heart problems_____________________
- □Stroke___________________________
- □Cancer___________________________
- □Lung disease______________________
- □Tumors__________________________
- □Cysts____________________________
- □Auto accidents: when_______________
- □Work injuries: when________________

Describe__________________________________
____
____
____

- □Other injuries/health problems________

____
____

Print Name:____

Signature:____ Date:______________________________