



Demographics

Name: DOB: Age:
Social Security #: Address:
City: State: Zip: Home Phone:
Cell Phone: Email:

Emergency Contact: Relationship to Insured:
Phone Number:

Insurance Type: Insurance Company Name:
Insurance ID #:

Employment Status (Circle one): Full Time Part Time Disabled Retired Unemployed

Care Information

Pharmacy: Address:
City: State: Zip: Phone:

Referring Physician (if different from PCP):
Specialty: Address:
City: State: Zip:

Primary Care Physician (PCP):
Address: City:
State: Zip:

Other Physician (if requesting report):
Address: City:
State: Zip:

Present Illness

- 1. What is the reason for your visit today?
2. What symptoms are you currently experiencing?
3. How long have you had these symptoms?
4. How often do the symptoms occur?
5. How severe are the symptoms on a scale of 0 (no pain) to 10 (worst imaginable)?
6. Does anything make the problem better? Yes No Explain
7. Does anything make the problem worse? Yes No Explain
8. Have you had previous treatment for the problem? Yes (please circle below) No
PT Injections Pain Management Chiropractic Acupuncture Previous Surgery other
9. Is this a Worker's Compensation Case? Yes No Case/insurance info:
10. Is this a result of a Motor Vehicle Accident? Yes No Case/Insurance info:
11. Is this a Medical Malpractice case? Yes No Case/Insurance info:



## Review of Systems

Please carefully circle each medical condition that currently applies to you.

### CONSTITUTION

Activity change  
Appetite change  
Chills  
Diaphoresis (sweating)  
Fatigue (tiredness)  
Fever  
Unexpected weight loss  
Unexpected weight gain

### HEAD-EARS- NOSE-THROAT

Facial swelling  
Neck pain  
Neck stiffness  
Ear discharge  
Hearing loss  
Ear pain  
Tinnitus (ringing in ears)  
Nosebleeds  
Congestion  
Rhinorrhea (runny nose)  
Sneezing  
Drooling  
Mouth sores  
Sore throat  
Trouble swallowing  
Voice change

### EYES

Eye discharge  
Eye itching  
Eye pain  
Photophobia (discomfort with light)  
Visual disturbance

### RESPIRATORY

Apnea  
Chest tightness  
Choking  
Cough  
Shortness of breath  
Stridor (abnormal breathing sounds)  
Wheezing

### CARDIOVASCULAR

Chest pain  
Leg swelling  
Palpitations (racing heart beat)

### GASTROINTESTINAL

Abdominal swelling  
Abdominal pain  
Anal bleeding  
Blood in stool  
Constipation  
Diarrhea  
Fecal incontinence (bowel accidents)  
Nausea  
Rectal pain  
Vomiting

### ENDOCRINE

Cold intolerance  
Heat intolerance  
Polydipsia (excessive thirst)  
Polyphagia (excessive hunger)  
Polyuria (excessive urine)

### GENITOURINARY

Difficulty urinating  
Dysuria (painful urination)  
Enuresis (bed wetting)  
Flank pain (side, back, or kidney)  
Frequent urination  
Genital sore (private area)  
Hematuria (blood in urine)  
Penile discharge  
Penile pain  
Penile swelling  
Scrotal swelling  
Testicular pain  
Oligouria (urine decreased)  
Urinary incontinence (accidents)

### MUSCULAR

Arthralgias (joint pain)  
Back pain  
Gait problem (difficulty walking)  
Joint swelling  
Myalgia (muscle pain)

### SKIN

Color change  
Pallor (paleness)  
Rash  
Wounds

### ALLERGIES AND IMMUNOLOGY

Environmental allergies  
Food allergies  
Immunocompromised (poor immune system)  
Vomiting

### NEUROLOGICAL

Dizziness  
Facial asymmetry (face droop)  
Headaches  
Light-headedness  
Numbness  
Seizures  
Speech difficulty  
Syncope (fainting)  
Tingling  
Tremors (shakiness)  
Weakness

### HEMATOLOGIC

Enlarged lymph nodes  
Bruises/bleeds easily

### PSYCHIATRIC

Agitation  
Confusion  
Decreased concentration  
Depressed  
Hallucinations/  
Delusions  
Nervous/anxious  
Self-injury  
Sleep disturbance  
Suicidal ideas



## Past Medical History

Please carefully circle the medical problem or major illness you have or have had.  
 Please include approximate dates.

Medical Problem	Date	Medical Problem	Date
ADD/ADHD		Hyper/Hypothyroidism	
Alzheimer's disease		Intracranial aneurysm	
Anemia		Irritable bowel syndrome	
Anxiety		Kidney stones	
Arrhythmia/A-fib		Lower extremity edema	
Arthritis		Lyme disease	
Asthma		Migraine/Headaches	
Back pain		Mitral/ Aortic valve disease	
Bleeding Disorder		Multiple sclerosis	
Cancer (Type: _____)		Myocardial Infarction (heart attack)	
Carotid Stenosis		Myopathy (muscular disease)	
Carpal Tunnel		Neck pain	
Congestive heart failure		Neuropathy (nerve damage)	
Chiari malformation		Osteoporosis (bone disease)	
Kidney disease		Parkinson's (movement disorder)	
Chronic pain		Peptic ulcer disease	
COPD (lung disease)		Pneumonia	
Coronary artery disease		Pseudomeningocele (CSF leak)	
Depression		Pseudotumor cerebri (false brain tumor)	
Diabetes		Scoliosis (curvature of the spine)	
Diverticulosis		Spine disorder	
DVT/Pulm. Embolism		Spine tumor	
Epilepsy/Seizures		Self-catheterization (urinary)	
Gastritis (stomach inflammation)		Shunt infection/Malfunction	
GERD (acid reflux)		Sinus thrombosis	
Glaucoma		Sleep apnea	
Hearing loss		Stenosis (cervical/lumbar) (narrowing)	
Hepatitis/Liver disease		Stroke/CVA/TIA	
Herniated intervertebral disk		Other:	
HIV/AIDS		Other:	
Hydrocephalus (congenital)/ normal pressure hydrocephalus			
High cholesterol			
Hypertension (high blood pressure)			



## Past Surgical History

Please carefully circle all operations you have had in the past, please include approximate dates.

Surgery	Date	Surgery	Date
Appendectomy		Pituitary resection	
Bariatric surgery (weight loss)		Prostate surgery	
Brain bleed surgery		Pseudomeningocele (CSF repair)	
Breast biopsy		Radiosurgery (Gamma or CyberKnife)	
Breast implant		Shunt revision	
Coronary artery bypass graft		Skin surgery	
Cardiac valve surgery		Spinal tumor resection	
Carotid endarterectomy		Spinal fusion	
Carpal tunnel release		Spine surgery	
Clipping/coiling of aneurysm		Splenectomy	
Colon surgery		Stent (Vascular/Renal)	
Coronary stent		Tendon surgery	
Cranioplasty (bone flap)		Thyroid surgery	
Ear tubes		Tonsillectomy	
Eye surgery		Vascular surgery	
G-Tube / PEG placement		Other:	
Gallbladder removal		Other:	
Hernia repair		Other:	
Hysterectomy			
Joint surgery			
Mastectomy			

Have you ever had a blood transfusion or received blood products?

Yes [ Date: \_\_\_\_\_ ] No

Have you had any problems with anesthesia? Yes No

If yes, please explain: \_\_\_\_\_

Do you take aspirin, any medicines that contain Aspirin, Ibuprofen, Advil, or Motrin? Yes No

If yes, please list last date taken: \_\_\_\_\_

Do you take any blood thinners such as Plavix, Coumadin, Lovenox or others? Yes No

If yes, please list last date taken: \_\_\_\_\_



## Family History

If you have any relatives, including children, with serious medical conditions (such as asthma, high blood pressure, heart attacks, kidney problems, diabetes, seizures, strokes, cancers, etc.) please list below.

Family Member	Age (or age at death)	Living = [L] or Deceased = [D]	Medical Condition(s)
Mother			
Father			
Sibling (Sister)			
Sibling (Brother)			
Maternal Grandmother			
Maternal Grandfather			
Paternal Grandmother			
Paternal Grandfather			
Child(ren)			

## Social History

**Gender:** Male Female **Height:** \_\_\_ feet \_\_\_ inches **Weight:** \_\_\_ lbs. **Birthplace:** \_\_\_\_\_

**Education:** High School Vocational School College Graduate Degree

**Current Occupation:** \_\_\_\_\_

**Marital Status:** Single Married Separated Divorced Widowed

**Living Arrangement:** Alone Roommate(s) Spouse Children Parent(s) Sibling(s)

**Alcohol Use:** Yes No Drinks/week: \_\_\_ Beer Wine Liquor # of years: \_\_\_

**Cigarette Use:** Yes No Packs/day: \_\_\_ Smokeless Tobacco: Yes No How Much: \_\_\_  
 # of years: \_\_\_ Ready to quit? Yes No Counseling given? Yes No

**Illicit Drug Use:** Yes No Type of Drug(s): \_\_\_\_\_  
 Amount Used/Week: \_\_\_\_\_

## Allergy Information

### Drug Allergy

Drug Name	Reaction	Date

### Food Allergy

Food	Reaction	Date





# Pain Drawing

## Where is your pain now?

Mark the areas on your body where you feel the described discomfort using the appropriate symbols.

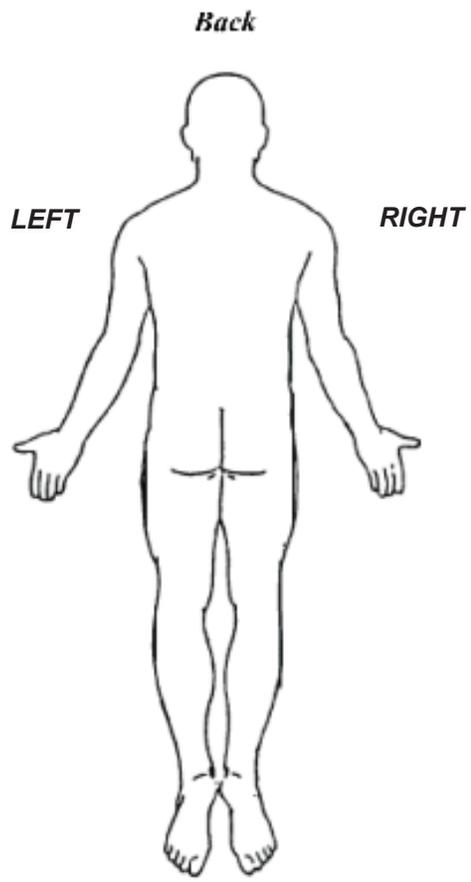
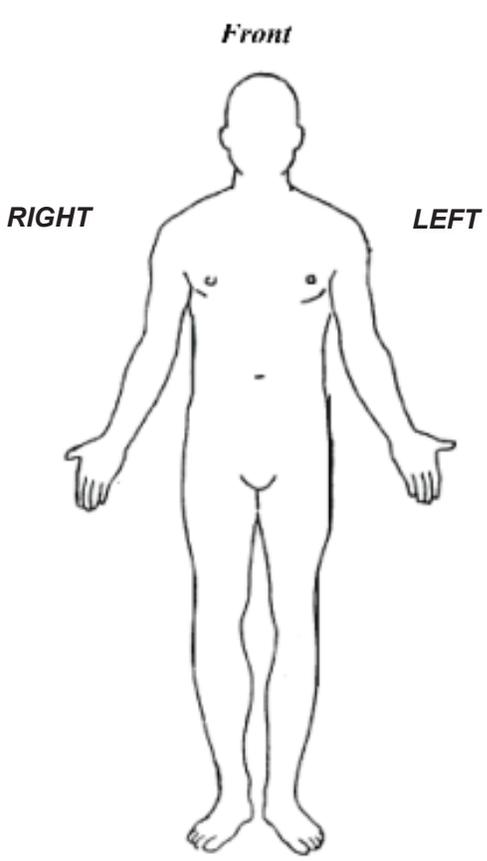
Ache ^^

Numbness 00

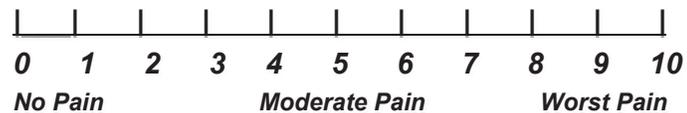
Pins & Needles ||

Burning XX

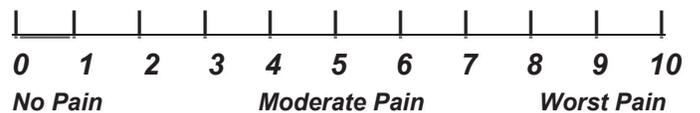
Radiating Pain: //



*Please rate your Arm Pain*



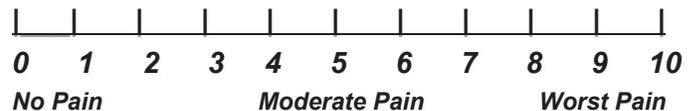
*Please rate your Back Pain*



*Please rate your Leg Pain*



*Please rate your Neck Pain*



Name: \_\_\_\_\_



## Neck Disability Index

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This questionnaire is designed to help us better understand how your neck pain affects your ability to manage everyday-life activities. In each section below, please carefully circle ONE number that describes your pain. Although you may consider that two of the statements in any one section relates to you, please circle only ONE number that most closely describes your current situation.

### Section 1 – PAIN INTENSITY

0. I have no neck pain at this moment.
1. The pain is mild at the moment.
2. The pain is moderate at the moment.
3. The pain is fairly severe at the moment.
4. The pain severe at the moment.
5. The pain is the worst imaginable at the moment.

### Section 2 – PERSONAL CARE

0. I can look after myself normally without causing extra neck pain.
1. I can look after myself normally, but it causes extra neck pain.
2. It is painful to look after myself and I am slow and careful.
3. I need some help but can manage most of my personal care.
4. I need help every day in most aspects of self care.
5. I do not get dressed, I wash with difficulty and stay in bed.

### Section 3 – LIFTING

0. I can lift heavy weights without extra neck pain.
1. I can lift heavy weights, but it gives extra neck pain.
2. Neck pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, i.e. on a table.

3. Neck pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.
4. I can only lift very light weights.
5. I cannot lift or carry anything at all.

### Section 4 – WORK

0. I can do as much work as I want.
1. I can do only my usual work, but no more.
2. I can do most of my usual work, but no more.
3. I cannot do my usual work.
4. I can hardly do any work at all.
5. I cannot do any work at all.

### Section 5 – HEADACHES

0. I have no headaches at all.
1. I have slight headaches that come infrequently.
2. I have moderate headaches that come frequently.
3. I have severe headaches that come frequently.
4. I have headaches almost all of the time.

### Section 6 – CONCENTRATION

0. I can concentrate fully without difficulty.
1. I can concentrate fully with slight difficulty.
2. I have a fair degree of difficulty concentrating.
3. I have a lot of difficulty concentrating.



## Neck Disability Index

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Please circle ONE number in each section which most closely describes your problem.

4. I have a great deal of difficulty concentrating.
5. I cannot concentrate at all.

### Section 7 – SLEEPING

0. I have no trouble sleeping.
1. My sleep is slightly disturbed for less than 1 hour.
2. My sleep is mildly disturbed for less than 1-2 hours.
3. My sleep is moderately disturbed for up to 2-3 hours.
4. My sleep is greatly disturbed for up to 3-5 hours.
5. My sleep is completely disturbed for up to 5-7 hours.

### Section 8 – DRIVING

0. I can drive my car without neck pain.
1. I can drive my car with only slight neck pain.
2. I can drive as long as I want with moderate neck pain.
3. I cannot drive as long as I want because of moderate neck pain.
4. I can hardly drive at all because of severe neck pain.
5. I cannot drive at all because of neck pain.

### Section 9 – READING

0. I can read as much as I want with no neck pain.
1. I can read as much as I want with slight neck pain.

2. I can read as much as I want with moderate neck pain.
3. I cannot read as much as I want because of severe neck pain.
4. I cannot read at all.

### Section 10 – RECREATION

0. I am able to engage in all recreational activities with no neck pain.
1. I am able to engage in all my recreational activities with some neck pain.
2. I am able to engage in most, but not all of my recreational activities because of pain in my neck.
3. I am able to engage in a few of my recreational activities because of neck pain.
4. I can hardly do recreational activities due to neck pain.
5. I cannot do any recreational activities due to neck pain.

Name: \_\_\_\_\_



## **Oswestry Low Back Pain Scale - Please Complete if You Have Back Pain**

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Please carefully circle ONE number in each section which most closely describes your problem.

### **Section 1 - PAIN INTENSITY**

0. The pain comes and goes and is very mild.
1. The pain is mild and does not vary much.
2. The pain comes and goes and is moderate.
3. The pain is moderate and does not vary much.
4. The pain comes and goes and is severe.
5. The pain is severe and does not vary much.

### **Section 2 - PERSONAL CARE**

0. I would not have to change my way of washing or dressing in order to avoid pain.
1. I do not normally change my way of washing or dressing even though it causes some pain.
2. Washing and dressing increases the pain, but I manage not to change my way of doing it.
3. Washing and dressing increases the pain and I find it necessary to change my way of doing it.
4. Because of the pain, I am unable to do some washing and dressing without help.
5. Because of the pain, I am unable to do any washing and dressing without help.

### **Section 3 - LIFTING**

0. I can lift heavy weights without extra pain.
1. I can lift heavy weights, but it gives extra pain.
2. Pain prevents me from lifting heavy weights off of the floor, but I can manage if they are conveniently positioned, i.e. on a table.

3. Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.
4. I can only lift very light weights, at most.
5. I cannot lift or carry anything at all.

### **Section 4 - WALKING**

0. I have no pain with walking.
1. I have some pain with walking, but it does not increase with distance.
2. I cannot walk more than 1 mile without increasing pain.
3. I cannot walk more than ½ mile without increasing pain.
4. I cannot walk more than ¼ mile without increasing pain.
5. I cannot walk at all without increasing pain.

### **Section 5 - SITTING**

0. I can sit in any chair as long as I like.
1. I can sit only in my favorite chair as long as I like.
2. Pain prevents me from sitting more than 1 hour.
3. Pain prevents me from sitting more than 1 hour.
4. Pain prevents me from sitting more than 10 minutes.
5. I avoid sitting because it increases pain immediately.

### **Section 6 - STANDING**

0. I can stand as long as I want without pain.
1. I have some pain with standing, but it does not increase with time.
2. I cannot stand for longer than 1 hour without increasing pain.
3. I cannot stand for longer than ½ hour without increasing pain.



## Oswestry Low Back Pain Scale - Please Complete if You Have Back Pain

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Please carefully circle ONE number in each section which most closely describes your problem.

3. I cannot stand for longer than ½ hour without increasing pain.
4. I cannot stand for longer than 10 minutes
5. I avoid standing because it increases pain immediately.
2. I get extra pain when traveling, but it does not compel me to seek alternate forms of travel.
3. I get extra pain while traveling, which compels me to seek alternate forms of travel.
4. Pain restricts me to shorten necessary journeys under ½ hour.
5. Pain restricts all forms of travel.

### Section 7 - SLEEPING

0. I get no pain in bed.
1. I get pain in bed, but it does not prevent me from sleeping well.
2. Because of my pain, my normal night's sleep is reduced by less than ¼.
3. Because of my pain, my normal night's sleep is reduced by less than ½.
4. Because of my pain, my normal night's sleep is reduced by less than ¾.
5. Pain prevents me from sleeping at all.

### Section 8 - SOCIAL LIFE

0. My social life is normal and gives me no pain.
1. My social life is normal, but it increases the degree of pain.
2. Pain has no significant effect on my social life apart from limiting my more energetic interests, i.e. dancing, etc.
3. Pain has restricted my social life and I do not go out very often.
4. Pain has restricted my social life to my home.
5. I hardly have any social life because of the pain.

### Section 9 - TRAVELING

0. I get no pain when traveling.
1. I get some pain when traveling, but it does not compel me to seek alternate forms of travel.

### Section 10 - CHANGING DEGREE OF PAIN

0. My pain is rapidly getting better.
1. My pain fluctuates, but is definitely getting better.
2. My pain seems to be getting better, but improvement is slow.
3. My pain is neither getting better or worse.
4. My pain is gradually worsening.
5. My pain is rapidly worsening.