

Adult Patient Questionnaire

CONFIDENTIAL PATIENT INFORMATION

First Name:

Last Name:

Date: / /

SS#: - -

DOB: / /

Sex: M F

Marital Status:

of Children:

Occupation:

Street Address:

Height: ft. in.

City:

State:

Zip:

Weight: lbs.

Email:

Cell Phone: - -

Other Phone: - -

Emergency Contact:

Emergency Relation:

Emergency Phone: - -

How did you hear about us?

Who is your primary care physician?

Date and reason for your last doctor visit:

Are you also receiving care from any other health professionals? Yes No

- If yes, please name them and their specialty:

Please note any significant family medical history:

CURRENT HEALTH CONDITIONS

What health condition(s) bring you into our office?

Have you received care for this problem before? Yes No

- If yes, please explain:

When did the condition(s) first begin?

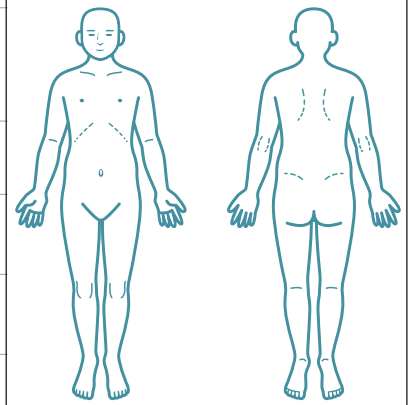
How did the problem start? Suddenly Gradually Post-Injury

Is this condition: Getting worse Improving Intermittent Constant Unsure

What makes the problem better?

What makes the problem worse?

Please indicate where you are experiencing pain or discomfort.



YOUR HEALTH GOALS

Your top three health goals:

1. _____
2. _____
3. _____

CHIROPRACTIC HISTORY

What would you like to gain from chiropractic care? Resolve existing condition(s) Overall wellness Both

Have you ever visited a chiropractor? Yes No If yes, what is their name?

What is their specialty? Pain Relief Physical Therapy & Rehab Nutritional Subluxation-based Other:

Do you have any health concerns for other family members today?

TRAUMAS: Physical Injury History

Have you ever had any significant falls, surgeries or other injuries as an adult? Yes No

- If yes, please explain:

Notable childhood injuries? Yes No If yes, please explain:

Youth or college sports? Yes No If yes, list major injuries:

Any auto accidents? Yes No If yes, please explain:

Exercise Frequency? None 1-2x per week 3-5x per week Daily

What types of exercise?

How do you normally sleep? Back Side Stomach Do you wake up: Refreshed and ready Stiff and tired

Do you commute to work? Yes No If yes, how many minutes per day?

List any problems with flexibility. (ex. Putting on shoes/socks, etc.)

How many hours per day you typically spend sitting at a desk or on a computer, tablet or phone?

TOXINS: Chemical & Environmental Exposure

Please rate your CONSUMPTION for each:

	<i>None</i>						<i>Moderate</i>						<i>High</i>				
	①	②	③	④	⑤		①	②	③	④	⑤		①	②	③	④	⑤
Alcohol	①	②	③	④	⑤	Processed Foods	①	②	③	④	⑤		①	②	③	④	⑤
Water	①	②	③	④	⑤	Artificial Sweeteners	①	②	③	④	⑤		①	②	③	④	⑤
Sugar	①	②	③	④	⑤	Sugary Drinks	①	②	③	④	⑤		①	②	③	④	⑤
Dairy	①	②	③	④	⑤	Cigarettes	①	②	③	④	⑤		①	②	③	④	⑤
Gluten	①	②	③	④	⑤	Recreational Drugs	①	②	③	④	⑤		①	②	③	④	⑤

Please list any drugs/medications/vitamins/herbs/other that you are taking, and why.

THOUGHTS: Emotional Stresses & Challenges

Please rate your STRESS for each:

	<i>None</i>						<i>Moderate</i>						<i>High</i>				
	①	②	③	④	⑤		①	②	③	④	⑤		①	②	③	④	⑤
Home	①	②	③	④	⑤	Money	①	②	③	④	⑤		①	②	③	④	⑤
Work	①	②	③	④	⑤	Health	①	②	③	④	⑤		①	②	③	④	⑤
Life	①	②	③	④	⑤	Family	①	②	③	④	⑤		①	②	③	④	⑤

ACKNOWLEDGEMENT & CONSENT

Patient Name: _____ / / _____

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