

TOBEY CHIROPRACTIC

CONFIDENTIAL HEALTH HISTORY QUESTIONNAIRE

Most of our patients are referred to our office by a caring family member or friend. What made you decide to visit our office? (Circle one) Friend/Family Member (Name _____)

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Have you ever been told that you have vertebral subluxations, spinal curvature, spinal arthritis or degenerative disc disease or other inherited spinal problems? No _____ Yes _____ Please explain _____

Subluxation or spinal misalignment causes decay and degeneration which results in grinding or cracking. Do you ever hear noises when you move your head, neck, shoulders, low back or hips? No _____ Yes _____

Spinal misalignments or subluxations can make you feel like you need to twist, stretch or crack your neck and back. Do you ever feel the need to "crack and pop" you neck or back? No _____ Yes _____

Poor posture leads to poor health, and often indicates a spinal problem. How would you rate your posture?

POOR 1 2 3 4 5 6 7 8 9 10 EXCELLENT

Stress can cause or accelerate spinal damage. How would you rate your stress level over the last 90 days?

LOW 1 2 3 4 5 6 7 8 9 10 HIGH

Spinal health is especially important during pregnancy. Is there any chance you are pregnant? No _____ Yes _____

Many people with spinal problems experience health emergencies before seeking chiropractic care. Have you had any major hospitalizations or surgeries that we should know about? No _____ Yes _____ Explain _____

REASON FOR TODAY'S VISIT:

Present Complaint _____

How long have you had it? How did it start? _____

On a scale of 1 to 10, 10 being the worst pain possible, where would you rate your pain? _____

Is the problem getting better or worse? Better _____ Worse _____ Staying the same _____

What makes the problem better? _____

What makes the problem worse? _____

Your habits can accelerate or decelerate the healing process. Please check any of the habits below that apply to you.

____Smoke ____Drink alcohol ____Take medications ____Exercise ____Eat healthy ____Happy/Positive

To the best of my knowledge, all the above mentioned information is true, complete and accurate.

Print name _____ Signed _____ Date _____