

Case History

Name:		Date:	
Address:		City:	State: Zip:
Phone: (H)	(W)	(Cell)	
Date of Birth:	Age:	Social Security #:	
Occupation:		Employer:	
Marital Status: (circle) S M D W			
Spouses Name:		Spouses Occupation:	
Number of Children:		Children's Ages:	
Have you ever received Chiropractic Care:(circle) yes no Referred by:			

About Your Health

The human body is designed to be healthy. Throughout life, events occur which damage your health expression. This case history will uncover the layers of damage, especially to your nerve system, that resulted in poor health. Following your exam, your Chiropractor will outline a course of care to begin to correct these layers of damage and recover your innate health potential.

Loss of Wellness

Lets begin at birth when you first damaged your nerve system, lost your wellness and began your journey to ill health.

Yes	No		Patient Comments	Chiropractor Comments
Birth Process				
		Was the delivery long?		
		Was the delivery difficult?		
		Forceps?		
		Caesarean?		
		Breach/cephalic?		
		Home birth?		
		Hospital birth		
		Mother given drugs during delivery?		
		Was labor induced?		
Growth & Development				
		Were you taught how to care for your spine?		
		Did you fall out of bed?		
		Were you a head banger or rocker?		
		Were you breast-fed?		
		Childhood sicknesses?		
		Accidents?		
		Surgery?		
		Drugs?		
		Did you fall while learning to walk?		
		Were you picked on by siblings?		
		Child abuse		
		Spanking (how)?		
		Pulled ear/chin		
		Other		
		Chair pulled out when sat down?		
		Did you fall down stairs?		
		Were you yanked by your arm?		
		Did you have other traumas?		
		What? When?		

Yes	No		Patient Comments	Chiropractor Comments
		Current Health Habits		
		Did/do you smoke?		
		Did/do you drink any alcohol?		
		Diet (do you eat healthy foods?)		
		Have you been in accidents?		
		Have you had surgery and organs removed/replaced?		
		Drugs? (Prescriptive or non-prescriptive)		
		Teeth problems?		
		Eye problems?		
		Hearing problems?		
		Exercise regularly?		
		Sleeping habits (nightmares?)		
		Did/do you have occupational stress?		
		Physical stress?		
		Mental stress?		
		Hobbies/sports injuries?		
		Sleeping posture?	(Circle) Side Stomach Back	

Symptoms and Ill Health (Present State of Ill Health)

Finally, the years of continuing damage show up as acute or chronic symptoms.

Present complaint (be brief)

Major _____

Pain or Problem started on: _____

Pains are: (circle) Sharp Dull Constant Intermittent

What activities aggravate your condition/pain? _____

What activities lessen your condition/pain? _____

Is condition worse during certain times of the day? _____

Is this condition interfering with work? _____ Sleep? _____ Routine? _____ Other? _____

Is condition getting progressively worse? _____

Other Doctors seen for this condition? _____

Any home remedies? _____

Other symptoms: (circle all that apply)

Headaches	Pins & Needles in Legs	Fainting
Neck Pain	Pins & Needles in Arms	Loss of Smell
Sleeping Problems	Numbness in Fingers	Loss of Taste
Back Pain	Numbness in Toes	Diarrhea
Nervousness	Shortness of Breath	Feet Cold
Tension	Fatigue	Hands Cold
Irritability	Depression	Stomach Upset
Chest Pains	Lights Bother Eyes	Constipation
Dizziness	Loss of Memory	Cold Sweats
Face Flushed	Ears Ring	Loss of Balance
Neck Stiff	Fever	Buzzing in Ears

Have you been under drug and medical care? _____

What medications are you taking? _____

How Long? _____ Have you had surgery? _____ What? _____ When? _____

What side effects have you experienced from the drugs and surgery? _____

Is there a family history of:

Heart Disease	Arthritis	Cancer	Diabetes	Other
Father's Side				
Mother's Side				

About Your Care

Chiropractic provides three types of care. The first is Initial Intensive Care, which corrects the most recent layer of Spinal and Neurological damage (VSC). This care usually reduces or eliminates the symptoms. Then begins Reconstructive Care, which corrects the years of damage that occurred when there were few symptoms. And finally, Chiropractic offers a genuine approach to Wellness care. All of these options will be explained at your report of findings. Then you'll be able to begin a course of care that fits your health goal.