

IMPORTANT: Please check all present symptoms

HEAD:

- Headache
 - Sinus (allergy)
 - Entire head
 - Back of head
 - Forehead
 - Temples
 - Migraine
- Head feels heavy
- Loss of memory
- Light headedness
- Fainting
- Light bothers eyes
- Blurred vision
- Double vision
- Loss of vision
- Dizziness
- Loss of hearing
- Pain in ears
- Ringing in ears
- Buzzing in ears

NECK:

- Pain in neck
- Neck pain with movement
 - Forward
 - Backward
 - Turn to left
 - Turn to right
 - Bend to right
 - Bend to left
- Pinched nerve in neck
- Neck feels out of place
- Muscle spasms in neck
- Grinding sounds in neck
- Arthritis in neck

SHOULDERS:

- Pain in shoulder joints R L
- Pain across shoulders
- Bursitis R L
- Arthritis R L
- Can't raise arm
 - To shoulder level
 - Over head
- Tension in shoulders
- Pinched nerve in shoulder R L
- Muscle spasms in shoulder R L

ARMS & HANDS:

- Pain in arm R L
- Pain in elbow R L
- Pain in forearm R L
- Pain in hands R L
- Pain in fingers R L
- Sensation of pins & needles in arms
 - R L
- Sensation of pins & needles in fingers
 - R L
- Numbness in arms R L
- Numbness in fingers R L
- Fingers go to sleep R L
- Hands cold R L
- Swollen joints in fingers R L
- Sore joints in fingers R L
- Arthritis in fingers R L
- Loss of grip strength R L

MID-BACK:

- Mid-back pain
- Mid-back feels out of place
- Pain from front to back through sternum
- Pain between shoulders
- Muscle spasms
- Pain in kidney area

CHEST:

- Chest pain
- Shortness of breath
- Pain around ribs R L
- Breast pain
- Dimpled or orange peel breast
- Irregular heartbeat

ABDOMEN:

- Nervous stomach
- Foods can't eat: _____
- Nausea
- Gas
 - Burping
 - Flatulence
- Constipation
- Diarrhea
- Hemorrhoids

LOW BACK:

- Low back pain
 - Upper low back
 - Lower low back-waist
 - Sacroiliac/buttock
- Low back pain is worse when:
 - Bending
 - Coughing
 - Lifting
 - Lying Down (sleeping)
 - Sitting
 - Standing
 - Walking
- Pain relieved when: _____
- Low back feels out of place
- Muscle spasms
- Arthritis

HIPS, LEGS & FEET:

- Pain in buttocks R L
- Pain in hip joint R L
- Pain down leg R L
- Knee pain R L
 - Inside
 - Outside
- Leg cramps R L
- Cramps in feet R L
- Pins & needles in legs R L
- Numbness in legs R L
- Pins & needles in feet R L
- Feet feel cold R L
- Swollen ankles R L
- Swollen feet R L

WOMEN ONLY:

- Menstruation pain
- Cramping
- Irregularity
- Cycle _____ days
- Birth control _____ (type)
- Hysterectomy
- Genital cancer
- Discharge
- Menopause
- Tumors
- Abortions
- Are you or do you think you are pregnant?

MEN ONLY:

- Urinary frequency
- Difficulty in starting urine flow
- Night urination
- Number of times urinate/night _____
- Prostate pain/swelling

GENERAL:

- Nervousness
- Irritable
- Depressed
- Fatigue
- Generally feel run down
- Normal sleep _____ hrs.
- Loss of sleep _____ hrs. per night
- Gain weight _____ lbs.
- Coffee _____ cups per day
- Tea _____ cups per day
- Other caffeine beverage _____
- Cigarettes _____ packs per day
- Diabetes
- Hypoglycemia/low blood sugar

HEALTH HABITS:

- Sleeping posture:
 - Back
 - Side
 - Stomach

EXERCISE REGIMES:

- Aerobics Class
- Bicycle/stationary bike
- Gardening/yard work
- Walk/treadmill/stair/running
- Weight class
- Yoga
- Other _____

EXERCISE FREQUENCY:

- None
- Daily
- 1-2 times per week
- 3 or more times per week