

PATIENT INFORMATION

A. Name _____ Date _____ Birthdate _____
Address _____ City _____ State _____ Zip _____
Home # _____ Cell# _____ Work # _____ SS# _____
E-mail Address _____ Sex *M F* Marital Status *S M W D* # Children _____
Referred By _____ Insurance Company _____
Employer _____ Job Title _____ Job Description _____

B. Medications: _____
Vitamins: _____
Allergies to Medications: _____
Prev. Chiro. Care: _____ Prev. x-rays: _____
Name of Primary Care Physician: _____
May we send a report to them? *Y N* Your current weight: _____ Height _____ Shoe size _____
Previous car accidents or falls: _____
Surgeries: _____
Broken bones: _____
Other traumas? _____ Previous Stroke or TIA? _____

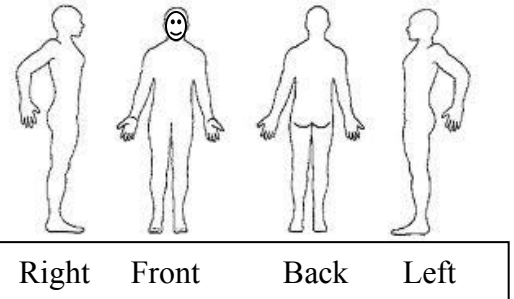
Sleeping posture side stomach back **Posture** good fair poor

Current Hobbies, Sports, Activities: _____

Is there a chance that you could be pregnant? *Y N*

What brings you to the office today? **PS-Pain Scale 1-10**

- 1. _____ PS _____
- 2. _____ PS _____
- 3. _____ PS _____
- 4. _____ PS _____



Circle on the body any area you're currently having pain

Date First Noticed _____ Ever had it before? *Y N*

It was caused by _____ Missed work due to this? *Y N*

What have you done to treat this? _____

Other professionals seen for this? _____

Is this a car or work accident? *Y N* Date and time of accident _____

Hurts more when: *Sitting / Bending / Lifting / Twisting / Riding in car / Working / Sleeping / Standing /*

House Work / Walking / Straining / Constant / Other: _____

Hurts less when: OTC meds Prescription Rest Lay down Sleep Sit Stretch
 More active With ice With heat Massage Other _____

Description: Sharp Dull Throb Radiating Shooting Numb Tingling Stiff

My goals for my care here: _____

Caffeine None Some Much
 Cigarettes None Some Much
 Alcohol None Some Much

Energy Level: No Energy 1 2 3 4 5 6 7 8 9 10 Energetic
 Flexibility: Can't Move 1 2 3 4 5 6 7 8 9 10 Very Flexible
 Stress Level: No Stress 1 2 3 4 5 6 7 8 9 10 Much Stress
 Spiritual Interest: No Interest 1 2 3 4 5 6 7 8 9 10 Very Interested

<u>Overall State</u> ___ Fever ___ Chills ___ Fatigue ___ Loss of appetite ___ Weight loss or gain ___ None	<u>Emotional Issues</u> ___ Irritability ___ Depression ___ Poor Sleep ___ Anxiety ___ None	<u>Urinary System Issues</u> ___ Frequent urination ___ Urgency ___ Burning ___ Loss of control ___ None
<u>Vision Issues</u> ___ Blurred ___ Double ___ None	<u>Heart Issues</u> ___ Chest pains ___ Palpitations ___ Fainting ___ None	<u>Breathing Issues</u> ___ Coughing ___ Wheezing ___ Shortness of breath ___ Asthma
<u>Digestion Issues</u> ___ Nausea ___ Vomiting ___ Diarrhea ___ Less than 2 Bowel Movements Daily ___ None	<u>Joint Issues</u> ___ Joint pains ___ Joint weakness ___ Muscle cramps ___ None	<u>Skin Issues</u> ___ Rash / Itchiness ___ Dryness ___ Open wounds ___ None
<u>Immune System Issues</u> ___ Lymph nodes enlarged ___ Allergies ___ Frequent infections ___ None	<u>Endocrine Issues</u> ___ Diabetes / Low blood sugar ___ Thyroid issues ___ Weak spells, tiredness ___ Shakiness before meals ___ None	<u>Neurological Issues</u> ___ Seizures ___ Headaches ___ Tingling ___ Numbness ___ Poor coordination ___ Migraines
<u>Circulation Issues</u> ___ Anemia ___ Bleeding ___ Bruising ___ Cold extremities ___ None	<u>Skeletal Issues</u> ___ Osteoporosis ___ Osteopenia ___ Neck pain ___ Back pain ___ None	Do you: ___ Eat only few vegetables? ___ Eat fast foods?

Family History of:
 ___ Arthritis
 ___ High Cholesterol
 ___ High Blood Pressure
 ___ Diabetes
 ___ Heart Disease
 ___ Cancer

INITIALS: _____

Low Back (Oswestry) Questionnaire

NAME _____ DATE _____

Please answer *every section*. Mark *one letter only* in each section.

<p style="text-align: center;"><u>SECTION 1 - Pain Intensity</u></p> <p>A__ I have no pain at the moment.</p> <p>B__ The pain is very mild at the moment.</p> <p>C__ The pain is moderate at the moment.</p> <p>D__ The pain is fairly severe at the moment.</p> <p>E__ The pain is very severe at the moment.</p> <p>F__ The pain is the worst imaginable at the moment.</p>	<p style="text-align: center;"><u>SECTION 6 - Standing</u></p> <p>A__ I can stand as long as I want without extra pain.</p> <p>B__ I can stand as long as I want but it gives me extra pain.</p> <p>C__ Pain prevents me from standing for more than 1 hour.</p> <p>D__ Pain prevents me from standing for over 1/2 hour.</p> <p>E__ Pain prevents me from standing for over 10 minutes.</p> <p>F__ Pain prevents me from standing at all.</p>
<p style="text-align: center;"><u>SECTION 2 - Personal Care (washing, dressing, etc.)</u></p> <p>A__ I can look after myself normally without causing extra pain.</p> <p>B__ I can look after myself normally but it is very painful.</p> <p>C__ It is painful to care for myself and I am slow and careful.</p> <p>D__ I need help but manage most of my personal care.</p> <p>E__ I need help every day in most aspects of self care.</p> <p>F__ I do not get dressed, wash with difficulty, and stay in bed.</p>	<p style="text-align: center;"><u>SECTION 7 - Sleeping</u></p> <p>A__ My sleep is never disturbed by pain.</p> <p>B__ My sleep is occasionally disturbed by pain.</p> <p>C__ Because of pain I have less than 6 hours' sleep.</p> <p>D__ Because of pain I have less than 4 hours' sleep.</p> <p>E__ Because of pain I have less than 2 hours' sleep.</p> <p>F__ Pain prevents me from sleeping at all.</p>
<p style="text-align: center;"><u>SECTION 3 - Lifting</u></p> <p>A__ I can lift heavy weights without extra pain.</p> <p>B__ I can lift heavy weights, but it causes extra pain.</p> <p>C__ Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, e.g. on a table.</p> <p>D__ Pain prevents me from lifting heavy weights, but I can manage light weights if they are conveniently positioned.</p> <p>E__ I can only lift very light weights, at the most.</p> <p>F__ I cannot lift or carry anything at all.</p>	<p style="text-align: center;"><u>SECTION 8 - Traveling</u></p> <p>A__ I can travel anywhere without pain.</p> <p>B__ I can travel anywhere but it gives extra pain.</p> <p>C__ Pain is bad but I manage journeys over 2 hours.</p> <p>D__ Pain restricts me to journeys of less than 1 hour.</p> <p>E__ Pain restricts me to short necessary journeys under 30 minutes.</p> <p>F__ Pain prevents me from traveling except to receive treatment.</p>
<p style="text-align: center;"><u>SECTION 4 - Walking</u></p> <p>A__ Pain does not prevent me from walking any distance.</p> <p>B__ Pain prevents me from walking more than one mile.</p> <p>C__ Pain prevents me from walking more than 1/4 mile.</p> <p>D__ Pain prevents me from walking more than 100 yards.</p> <p>E__ I can only walk while using a stick or crutches.</p> <p>F__ I am in bed most of the time and have to crawl to the toilet.</p>	<p style="text-align: center;"><u>SECTION 9 - Recreation</u></p> <p>A__ My social life is normal and causes me no extra pain.</p> <p>B__ My social activities increase the degree of pain.</p> <p>C__ Pain limits my more energetic interests, e.g., sport, etc.</p> <p>D__ Pain has restricted my social life and I do not go out as often.</p> <p>E__ Pain has restricted my social life to my home.</p> <p>F__ I have no social life because of the pain.</p>
<p style="text-align: center;"><u>SECTION 5 - Sitting</u></p> <p>A__ I can sit in any chair as long as I like.</p> <p>B__ I can only sit in my favorite chair as long as I like.</p> <p>C__ Pain prevents me from sitting more than 1 hour.</p> <p>D__ Pain prevents me from sitting more than 1/2 hour.</p> <p>E__ Pain prevents me from sitting more than ten minutes.</p> <p>F__ Pain prevents me from sitting at all.</p>	<p style="text-align: center;"><u>SECTION 10 - Changing degree of pain</u></p> <p>A__ Level of pain is rapidly improving.</p> <p>B__ Level of pain fluctuates but is improving.</p> <p>C__ Level of pain is slowly improving.</p> <p>D__ Level of pain is unchanging.</p> <p>E__ Pain level is gradually worsening.</p> <p>F__ Pain level is rapidly worsening.</p>

COMMENTS:

Delta Chiropractic Center – Neck Disability Index

NAME _____ DATE _____

Please answer **every section**. Mark **one letter only** in each section.

<p style="text-align: center;"><u>SECTION 1 - Pain Intensity</u></p> <p>A__ I have no pain at the moment. B__ The pain is very mild at the moment. C__ The pain is moderate at the moment. D__ The pain is fairly severe at the moment. E__ The pain is very severe at the moment. F__ The pain is the worst imaginable at the moment.</p>	<p style="text-align: center;"><u>SECTION 6 - Concentration</u></p> <p>A__ I can concentrate fully when I want to with no difficulty. B__ I can concentrate when I want to with slight difficulty. C__ I have a fair degree of difficulty in concentrating. D__ I have a lot of difficulty in concentrating. E__ I have a great deal of difficulty in concentrating. F__ Pain prevents me from concentrating at all.</p>
<p style="text-align: center;"><u>SECTION 2 - Personal Care (washing, dressing, etc.)</u></p> <p>A__ I can look after myself normally without causing extra pain. B__ I can look after myself normally but it is painful. C__ It is painful to care for myself and I am slow and cautious. D__ I need help but manage most of my personal care. E__ I need help every day in most aspects of self care. F__ I do not get dressed, wash with difficulty, and stay in bed.</p>	<p style="text-align: center;"><u>SECTION 7 - Work</u></p> <p>A__ Pain does not prevent me from working at all. B__ Pain prevents me from working extra hours or duties. C__ Pain prevents me from doing some of my work. D__ Pain prevents me from half of my usual work. E__ I can hardly work at all. F__ I cannot work at all.</p>
<p style="text-align: center;"><u>SECTION 3 - Lifting</u></p> <p>A__ I can lift heavy weights without extra pain. B__ I can lift heavy weights, but it causes extra pain. C__ Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, e.g. on a table. D__ Pain prevents me from lifting heavy weights, but I can manage light weights if they are conveniently positioned. E__ I can only lift very light weights, at the most. F__ I cannot lift or carry anything at all.</p>	<p style="text-align: center;"><u>SECTION 8 - Traveling</u></p> <p>A__ I can ride in a car anywhere without pain. B__ I can ride anywhere but it gives extra pain. C__ Traveling causes moderate pain in my neck. D__ Pain restricts me to journeys of less than 2 hours. E__ Pain restricts me to short necessary journeys under 30 minutes. F__ Pain prevents me from driving completely.</p>
<p style="text-align: center;"><u>SECTION 4 - Reading</u></p> <p>A__ I can read as long as I like with no pain. B__ I can read with slight neck pain. C__ I can read with moderate neck pain. D__ I must limit my reading due to moderate neck pain. E__ Pain prevents me from reading more than 10 minutes. F__ Pain prevents me from reading at all.</p>	<p style="text-align: center;"><u>SECTION 9 - Sleeping</u></p> <p>A__ My sleep is never disturbed by pain. B__ My sleep is occasionally disturbed by pain. C__ Because of pain I have less than 6 hours' sleep. D__ Because of pain I have less than 4 hours' sleep. E__ Because of pain I have less than 2 hours' sleep. F__ Pain prevents me from sleeping at all.</p>
<p style="text-align: center;"><u>SECTION 5 – Headaches</u></p> <p>A__ I have no headaches at all. B__ I experience slight, infrequent headaches C__ I have moderate, infrequent headaches. D__ I have moderate, frequent headaches. E__ I have severe, frequent headaches. F__ I have almost constant headaches.</p>	<p style="text-align: center;"><u>SECTION 10 - Recreation</u></p> <p>A__ My social life is normal and causes me no extra pain. B__ My social activities increase the degree of neck pain. C__ Pain limits my more energetic interests, e.g., sport, etc. D__ Pain has restricted my social life and I do not go out as often. E__ Neck pain has restricted my social life to my home. F__ I cannot do recreational activities due to neck pain.</p>

COMMENTS:

CONSENT TO RELEASE INFORMATION

If our office needs to contact **you**, where may we leave a message?

Phone #: _____

Email _____

As a patient of Delta Chiropractic Center, who do you authorize us to release scheduling and/or care and progress information to?

Name: _____

Relationship to Patient: _____

Name: _____

Relationship to Patient: _____

Printed Name

Signature

Date

Patient Privacy Policies

To Contact Us

If you would like further information about our privacy policies and practices, a copy is available upon request at our office.

By signing below, I acknowledge that I have received a copy of the Patient Privacy Policies.

This notice will expire seven years after the date upon which the record was created.

Patient Name Printed

Date

Patient Signature

Provider Representative

Guardian Printed Name

Guardian Signature

Guardian's relationship to, or other authority to act for, the patient