

Sidmore Chiropractic Office

684 Main Street, Wakefield, MA 01880

Phone (781) 224-1920

Please fill out this form as completely and accurately as possible.

Today's Date _____ Patient File # _____

PERSONAL DATA

Name _____ Age _____ Date of Birth _____

Parents' names (if you are under 18) _____

Home Address _____ City _____ State _____ Zip _____

Home Phone (_____) _____ Business Phone (_____) _____

Cell Phone (_____) _____ E-Mail _____

Occupation _____ Employer _____

Marital Status S M D W Spouse/Partner's Name: _____

Names and ages of children _____

Whom may we thank for referring you to our office? _____

REASON FOR SEEKING CHIROPRACTIC CARE

What concerns do you feel Corrective Care Chiropractic can address for you?

Are these concerns affecting your quality of life? (Please circle only those applicable to you)

Work Y N

Driving Y N

Sleep Y N

School Y N

Walking Y N

Sitting Y N

Exercise/sports Y N

Eating Y N

Other Y N

HEALTH CARE PRACTITIONER HISTORY

Have you ever received Chiropractic care? Y N Name of D.C. _____

How long under care? _____ days _____ weeks _____ months _____ years

Date of last visit: _____ Why did you stop? _____

How was your experience? _____

Have you consulted, or do you regularly consult, any of the following providers? (Check all that apply.)

Medical Physician Naturopath Acupuncturist Homeopath

Massage Therapist Psychotherapist Energy Healer Dentist

Reason why: _____

Primary Care Physician _____

FOR WOMEN ONLY

Are you pregnant? Y N Possible/Unknown

If pregnant due date? _____ Name of OBGYN or Midwife: _____

If x-rays are recommended, your signature is required to indicate that you are **not pregnant**.

Signature: _____ Date: _____

HEALTH, WELLNESS AND CHIROPRACTIC CARE

The primary system in the body, which coordinates health, is the CENTRAL NERVE SYSTEM. The vertebrae, the bones of the spinal column, surround and protect the delicate NERVE SYSTEM. Chiropractors are specialists trained in "early detection" of injury to the SPINE AND NERVE SYSTEM.

The information below will help us to see the types of PHYSICAL, EMOTIONAL and CHEMICAL stressors you have been subjected to and *how they may relate to your present spinal, nerve and health status.*

CURRENT PHYSICAL STRESS

Please describe your usual work position and how long you maintain it during the day. For example, do you work at a computer, talk on the phone or stand at a machine for most of the day?

Does your job require regular airline travel and hotel stays? Y N If yes, how often? _____

How long is your daily commute? _____ How many hours do you typically work in a week? _____

How many hours per week do you watch T.V.? _____ Are you sitting or lying on a couch? _____

Please describe your exercise/sports program including type and frequency:

How many hours of sleep do you typically get each night? _____ Do you sleep well? Y N

Do you ever sleep on your stomach? Y N How old is your mattress? _____

Do you wear orthotics (foot supports) or a heel lift? Y N If yes, for how many years? _____

Do you use a cervical pillow? Y N

PAST PHYSICAL TRAUMAS

Were you born at home or in a hospital? Medication used? Y N C-section? Y N Forceps/vacuum? Y N

Did you have any **significant childhood injuries**? (fractures, stitches, falls, sports-related, etc.) Please list dates, injury and treatment: _____

Have you had any **significant adult injuries**? Please list dates, injury and treatment: _____

Have you had any **automobile accidents or work-related injuries**?

Date: _____ driver/front passenger/rear passenger Seatbelt? Y N Airbag discharged? Y N

Injuries: _____ Care received: _____

Date: _____ driver/front passenger/rear passenger Seatbelt? Y N Airbag discharged? Y N

Injuries: _____ Care received: _____

EMOTIONAL STRESS

Please indicate if you have experienced any of the emotional stresses below:

Childhood trauma Y N

Loss of loved one Y N

Abuse Y N

Work or school Y N

Divorce/separation Y N

Financial Y N

Lifestyle change Y N

Parents divorce Y N

Illness Y N

Depression Y N

Mental Illness Y N

CHEMICAL STRESS

Chemical stress can occur when a substance, that is toxic to the body, is breathed, injected, taken by mouth, or placed on the skin (e.g., food allergies, drug reactions, exposure to chemicals in the air, etc.) The following will reveal exposures you may have had.

Were you **vaccinated**? Y N If yes, did you have a **reaction**? Y N

Have you been **exposed to** any of the following on a regular basis, past or present?

Toxic chemicals Radiation Second hand smoke Chemotherapy Drug therapy Other

If yes, please explain: _____

Do you have any **food allergies**? Y N If yes, please list: _____

How many **fast food meals** do you eat per week? _____

How many **alcoholic beverages** do you drink per week? _____

Do you smoke **tobacco products**? Y N If yes, how many packets per day? _____

How many glasses of **water** do you drink per day? _____

How many **caffeinated beverages** (coffee, tea, soda) do you drink per day? _____

Are you currently on **prescription** or **over-the counter medication**? Y N Please list, indicating dose & frequency _____

Please list any **nutritional supplements** you are taking: _____

How do you rate your **physical health**? Excellent Good Fair Poor

QUALITY OF LIFE

How do you rate your **emotional/mental health**? Excellent Good Fair Poor

How do you rate your overall "quality of life"? Excellent Good Fair Poor

EXPECTATIONS

I would like to have the following benefits from **Chiropractic Care**: (Check all that apply)

- Relief of a symptom or problem
- Relief and prevention of a symptom or problem
- Healthier spine and nerve system
- Optimal health on all levels

What are your top three health goals?

1. _____
2. _____
3. _____

I hereby certify that the information provided is true and accurate.

Patient Signature: _____ Date: _____

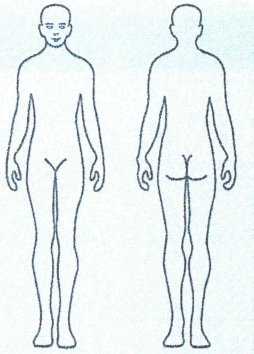
CHIROPRACTIC CLINICAL OBJECTIVE

Physical, emotional and chemical STRESSES, common to our contemporary lifestyles, can result in misalignment of the spinal column causing damage to the nerve system. The result is a condition called Vertebral Subluxation. The Chiropractic exam/evaluation is specifically designed to detect Vertebral Subluxations in all phases of their progression.

Many common symptoms and conditions are caused by the interference and stress on the nerve system. Please place a (X) on conditions that you are currently suffering from and a (O) on any conditions you have had in the past.

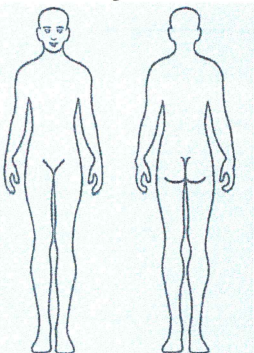
- | | | |
|--|--|---|
| ___ Arthritis
___ Back Curvature
___ Mental / Emotional Disorders
___ Diabetes
___ Swollen or Painful Joints
___ Convulsions / Epilepsy in arms, or hands R/L
___ Skin Problems
___ Bruise Easily
___ Cancer
___ Allergies
___ Frequent Colds
___ Upper Back Pain / Stiffness
___ Excessive Gas
___ Constipation / Diarrhea
___ Prostate Problems
___ Impotence
___ Kidney Problems
___ Frequent Urination
___ Menstrual Problems / PMS
___ Menopausal problems | ___ Headache
___ Migraine Headache
___ Neck Pain R/L
___ Shoulder Pain R/L
___ Numbness or Tingling
___ Carpal Tunnel Syndrome R/L
___ Dizziness
___ Ringing in Ears
___ Hearing Loss
___ Loss of Balance
___ Digestive Problems
___ Depression
___ Attention Disorder
___ Anxiety Disorder
___ Eating Disorder
___ Trouble Concentrating
___ Loss of memory
___ Ear Infection
___ Learning Disability | ___ Asthma
___ Chest Pain
___ Difficult Breathing
___ Heart Problems
___ Heart Attack
___ Stroke
___ Bruit
___ High / Low Blood Pressure
___ Varicose Veins
___ Liver Trouble
___ Gall Bladder Trouble
___ Mid Back Pain / Stiffness
___ Pain with cough, or strain
___ Hip Pain
___ Low Back Pain / Stiffness
___ Sciatica
___ Numbness or Tingling in
___ loss of feeling legs or feet R/L
___ Muscle Tightness
___ Trouble sleeping |
|--|--|---|

Primary Health Concern:



- o Please indicate the location of your pain or discomfort on the diagram
- o When did this problem start? _____
- o Have you ever had this problem before? No Yes If yes, when _____
- o Please indicate quality of the pain:
 - Dull Burning Numb Stabbing Tingling Cramping
- o Does this pain radiate or travel? No Yes If yes, please indicate on diagram
- o Please indicate the severity of the pain on a scale from 1-10 (1 minor pain 10 major pain) 1----2----3----4----5----6----7----8----9----10
- o What makes this pain or condition better? _____ Worse? _____
- o What have you done to treat this problem? _____

Secondary Health Concern:



- o Please indicate the location of your pain or discomfort on the diagram
- o When did this problem start? _____
- o Have you ever had this problem before? No Yes If yes, when _____
- o Please indicate quality of the pain:
 - Dull Burning Numb Stabbing Tingling Cramping
- o Does this pain radiate or travel? No Yes If yes, please indicate on diagram
- o Please indicate the severity of the pain on a scale from 1-10 (1 minor pain 10 major pain) 1----2----3----4----5----6----7----8----9----10
- o What makes this pain or condition better? _____ Worse? _____
- o What have you done to treat this problem? _____