

Please carefully answer these questions so that we can help you decrease pain and increase function.

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Age today: \_\_\_\_\_ Sex:   M  F Height: \_\_\_\_\_ Weight (lbs): \_\_\_\_\_

Referring Physician's Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Primary Physician's Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Please describe your pain and the reason for this visit in your own words in one sentence.  
(e.g. "I have pain in my low back"): \_\_\_\_\_

\_\_\_\_\_

How long ago did you pain start? \_\_\_\_\_

Under what circumstances did the pain begin?

Accident/Injury at work       Accident/Injury       Secondary to repetitive activity

Following Illness       At work, but not an accident       Motor vehicle accident

Following Surgery       Pain began unrelated to activity

If accident or activity, please describe: \_\_\_\_\_

\_\_\_\_\_

Does your pain travel anywhere?  Yes  No If yes, where? \_\_\_\_\_

Where is your pain located? (Circle all that apply)

Head	Face	Neck	Right Shoulder	Left Shoulder	Right Arm
Left Arm	Right Forearm	Left Forearm	Right Hand	Left Hand	Chest
Abdomen	L/R Groin	Mid - Back	Low Back	Right Buttock	Left Buttock
Right Thigh	Left Thigh	Right Leg	Left Leg	Right Foot	Left Foot

Other: \_\_\_\_\_

Which words describe you pain? (Circle all that apply)

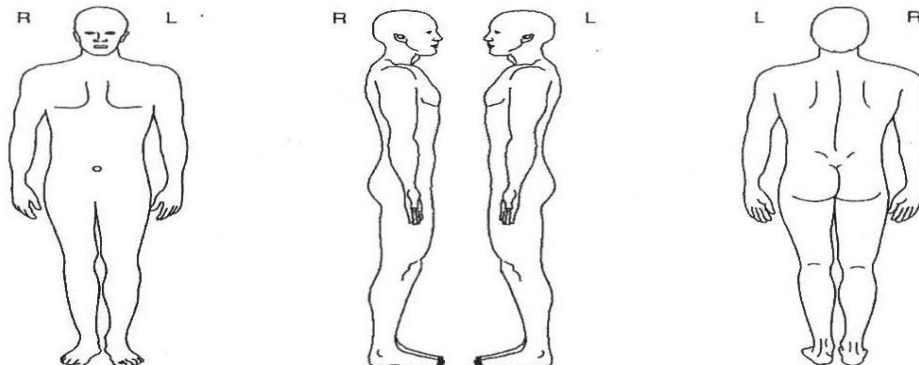
Sharp	Stabbing	Aching	Throbbing	Sore	Unbearable
Tender	Dull	Constant	Intermittent	Cramping	Miserable
Burning	Deep	Radiating	Shooting	Nagging	Exhausting

Do you have any of the following related to your pain? (Circle all that apply)

Numbness	Weakness	Dizziness	Problems with bowels related to pain	Nausea
Tingling	Pins & Needles	Headaches	Problems with bladder related to pain	

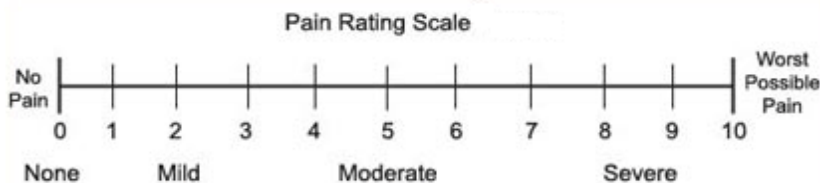
PATIENT NAME \_\_\_\_\_ DATE \_\_\_\_\_

Please shade in the areas where you are having pain in the following pictures: (Shade areas darker for more severe pain and lighter for less severe pain).



**SLEEP DISTURBANCE?** YES / NO If Yes, whether - Interrupted, Difficulty Falling Asleep, Waking Up Early, How much sleep (In Hours) a night do you get? \_\_\_\_\_

Please mark on the scale below where your pain level is **TODAY**.



**WORST Pain Level (0-10)** \_\_\_\_\_ **LEAST Pain Level (0-10)** \_\_\_\_\_

**What makes your pain worse (circle any aggravating factors)?**

Walking      Standing      Sitting      Bending      Lying Down Twisting      Heat      Cold  
 Anxiety      Sneezing      Coughing      Reaching      Lifting Climbing Stairs      Bowel Movement      Other  
 (Please Describe: \_\_\_\_\_)

**What makes your pain better (circle any relieving factors)?**

Heat      Cold/Ice      Rest      Pain Medications      Certain Positions (describe) \_\_\_\_\_  
 Lying Down      Physical Therapy      Massage      Other (describe) \_\_\_\_\_

**PAST TREATMENTS:**

Have You Had Any of the Following Treatments in the Past?      How Much Relief Do You Obtain?

TREATMENT	YES	NO	GOOD	MODERATE	MILD	POOR	NO
NSAIDS (Motrin, Aleve, etc.)							
OPIOIDS (Percocet, Vicodin, etc.)							
Physical or Massage Therapy							
Tens /Ultrasound /Traction							
Injections (Epidurals, Trigger Point)							
Surgery							
Biofeedback / Hypnosis							
Chiropractic							

PATIENT NAME \_\_\_\_\_ DATE \_\_\_\_\_

IMAGING STUDIES: Please write the **Date** of the most recent test  
 MRI/CT SCAN (Spine) \_\_\_\_\_ X-Ray: \_\_\_\_\_  
 BONE SCAN: \_\_\_\_\_ EMG: \_\_\_\_\_

**MEDICATIONS:** Please List All medications, vitamins, herbs, nutritional supplements you take.

Name of Medication	Dosage	Time/Day	Purpose
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**If You Have More Medication Please Write Them on a Separate Sheet of Paper**

IF YOU ARE TAKING ANY OF THE FOLLOWNG MEDICINES, PLEASE LET US KNOW

Coumadin (Warfarin)     Lovenox (Enoxaparin)     Aggrenox     Plavix (Clopidogrel)  
 Xarelto (Rivaroxaban)     NSAID     Ticlid (Ticlodipine)     Fragmin(Dalteparin)  
 Aspirin     Trental (Pentoxifylline)     Effient(Prasugrel)     Eliquis (Apixaban)

**ALLERGIES TO MEDICATIONS or SUBSTANCES (LATEX, X-RAY DYE, ECT.):**

Medication/ Substance	Type of Reaction
_____	_____
_____	_____
_____	_____
_____	_____

**LIST YOUR OTHER MEDICAL PROBLEMS (Circle):**

AIDS / HIV    Heart Trouble    Anemia    Hepatitis / Jaundice    Anxiety    High Blood Pressure  
 Arthritis/Joint Pain    High Cholesterol    Asthma    Kidney Disease    Pneumonia    Blood Transfusions  
 Bowel Trouble    Reflux / GERD    Cancer    Tuberculosis    Stroke    Depression  
 Diabetes    Thyroid Disease    Ulcers    Heart Murmur    Chronic Lung Disease

Other: \_\_\_\_\_

**LIST PREVIOUS SURGERIES:** \_\_\_\_\_  
 \_\_\_\_\_

**FAMILY HISTORY:**

Are You:     Single     Married     Widowed     Divorced     Separated

How many Children do you have? \_\_\_\_\_ Are they in good health?  yes  no

If No, Please List Major Health Problems: \_\_\_\_\_

Mother: Alive / Deceased Age: \_\_\_\_\_ Major Health Problems: \_\_\_\_\_

Father: Alive / Deceased Age: \_\_\_\_\_ Major Health Problems: \_\_\_\_\_

What would you like to be doing that you cannot do now? \_\_\_\_\_

What are your goals / expectations for coming to our office? \_\_\_\_\_

PATIENT NAME \_\_\_\_\_ DATE \_\_\_\_\_

**SOCIAL HISTORY**

Education Level: \_\_\_\_\_ Degree: \_\_\_\_\_

Do you Smoke? \_\_\_yes\_\_\_no If yes, how many packs a day? \_\_\_\_\_ How long have you smoked? \_\_\_\_\_  
If no, did you smoke previously? \_\_\_\_\_ How many years ago did you smoke? \_\_\_\_\_

Do you drink alcohol? \_\_\_yes\_\_\_no If yes, how much per day? \_\_\_\_\_ How long have you been drinking? \_\_\_\_\_  
If no, did you drink previously? \_\_\_yes\_\_\_no If yes, when did you quit? \_\_\_\_\_  
How much did you drink per day? \_\_\_\_\_ How many years did you drink? \_\_\_\_\_

Do you have a present drug addiction? \_\_\_yes\_\_\_no Do you have a previous one? \_\_\_yes\_\_\_no

Do you exercise? \_\_\_yes\_\_\_no If yes, what do you do? \_\_\_\_\_ How often? \_\_\_\_\_

Work Status: \_\_\_Full Time \_\_\_Part Time \_\_\_Retired \_\_\_Disability \_\_\_Unemployed \_\_\_Homemaker  
If working, what kind of work? \_\_\_\_\_  
If no, are you receiving any compensation? \_\_\_yes\_\_\_no

**REVIEW OF SYSTEMS**

Do you have or have you ever had any problems related to the following systems? (Please Check)

**CARDIAC**

- \_\_\_ Heart Disease
- \_\_\_ Heart Attack / MI
- \_\_\_ High Blood Pressure
- \_\_\_ Angina/Chest Pain
- \_\_\_ Heart Murmur
- \_\_\_ Pacemaker
- \_\_\_ Cong. Heart Failure
- \_\_\_ Other \_\_\_\_\_

**RESPIRATORY**

- \_\_\_ Emphysema
- \_\_\_ Asthma
- \_\_\_ Cough
- \_\_\_ Bronchitis
- \_\_\_ Sleep Apnea
- \_\_\_ Shortness of Breath
- \_\_\_ COPD
- \_\_\_ Other \_\_\_\_\_

**NEUROLOGICAL**

- \_\_\_ Headaches
- \_\_\_ Fainting/Dizziness
- \_\_\_ Seizures/Convulsions
- \_\_\_ Stroke/TIA
- \_\_\_ Head Injury
- \_\_\_ Balance Problems
- \_\_\_ Weakness/Numbness
- \_\_\_ Other \_\_\_\_\_

**GASTROINTESTINAL**

- \_\_\_ Hernia
- \_\_\_ Liver Problems
- \_\_\_ Pancreatitis
- \_\_\_ Ulcers/Gastritis
- \_\_\_ Acid Reflux/GERD
- \_\_\_ Constipation
- \_\_\_ Diarrhea
- \_\_\_ Other \_\_\_\_\_

**MUSCULOSKELETAL PSYCHOLOGICAL**

- \_\_\_ Arthritis
- \_\_\_ Muscle Pain
- \_\_\_ Joint Swelling or Pain
- \_\_\_ Joint Stiffness
- \_\_\_ Osteoporosis
- \_\_\_ Other \_\_\_\_\_

- \_\_\_ Anxiety
- \_\_\_ Depression
- \_\_\_ Panic Attacks
- \_\_\_ Mental Disorders
- \_\_\_ Considered Suicide
- \_\_\_ Other \_\_\_\_\_

**URINARY**

- \_\_\_ Kidney Stones
- \_\_\_ Frequent Urination
- \_\_\_ Painful Urination
- \_\_\_ Blood in Urine
- \_\_\_ Urine Retention
- \_\_\_ Other \_\_\_\_\_

**IMMUNOLOGICAL**

- \_\_\_ HIV / AIDS
- \_\_\_ TB
- \_\_\_ Hepatitis
- \_\_\_ Cancer
- \_\_\_ Swollen Glands
- \_\_\_ Other \_\_\_\_\_

**SKIN**

- \_\_\_ Psoriasis
- \_\_\_ Open Sores
- \_\_\_ Skin Cancer
- \_\_\_ Skin Rash
- \_\_\_ Other \_\_\_\_\_

**HEAD / NECK**

- \_\_\_ Eye Glasses
- \_\_\_ Glaucoma
- \_\_\_ Double Vision
- \_\_\_ Persistent Stiff Neck
- \_\_\_ Other \_\_\_\_\_

**ENDOCRINE**

- \_\_\_ Diabetes
- \_\_\_ Thyroid Problems
- \_\_\_ Cortisone Replacement
- \_\_\_ Pituitary Problems
- \_\_\_ Other \_\_\_\_\_

**HEMATOLOGIC**

- \_\_\_ Anemia
- \_\_\_ Blood Clots
- \_\_\_ Easy Bruising
- \_\_\_ Bleeding Problems
- \_\_\_ Other \_\_\_\_\_

**CONSTITUTIONAL**

\_\_\_ Fever \_\_\_ Chills \_\_\_ Weight Change – Lost/Gained – how much? \_\_\_\_\_ In how long? \_\_\_\_\_  
\_\_\_ Difficulty Sleeping \_\_\_ Other \_\_\_\_\_

Physician Use Only: (Notes/Comments): \_\_\_\_\_

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