

30 Day Pain & Function Form

Name: _____

Date: _____

1. Where does it hurt and how bad? (0 no pain, 10 is worst possible pain)

Neck-Shoulder:	Right	Left	0	1	2	3	4	5	6	7	8	9	10
Middle Back:	Right	Left	0	1	2	3	4	5	6	7	8	9	10
Lower Back/Hip:	Right	Left	0	1	2	3	4	5	6	7	8	9	10
_____	Right	Left	0	1	2	3	4	5	6	7	8	9	10

other

2. When did the most recent episode begin and why ? _____

3. What does the pain feel like? Burn Ache Spasm Tight Numb _____
other

4. For each item below, please circle the number which most closely describes your condition right now. Please do not leave any blank. Circle 0 if it does not apply to you.

0= No Pain 1= Mild Pain 2= Moderate Pain 3= Severe Pain 4= Worst Possible Pain

Pain Intensity Overall	0	1	2	3	4
Sleeping (Laying down)	0	1	2	3	4
Personal Care (washing, dressing, etc.)	0	1	2	3	4
Travel (driving, sitting)	0	1	2	3	4
Work (includes house / yard work)	0	1	2	3	4
Recreation	0	1	2	3	4
Lifting	0	1	2	3	4
Walking	0	1	2	3	4
Standing	0	1	2	3	4

5. What percentage of the day are you in pain? None 25% 50% 75% 100%

6. Please Check any other issues you are having:

<input type="checkbox"/>	Going up and down stairs	<input type="checkbox"/>	Bending over
<input type="checkbox"/>	Reaching up	<input type="checkbox"/>	Going from sitting to standing
<input type="checkbox"/>	Rolling over in bed	<input type="checkbox"/>	Looking over a shoulder
<input type="checkbox"/>	Caring for your family	<input type="checkbox"/>	other: _____

Notes:

Review of Systems (This form helps us understand your overall health status)

Name: _____ # _____ Date _____

Please check if you have had any of the following:

	Acid Reflux /HeartBurn		AIDS/HIV		Alcoholism
	Alzhiemers		Anemia		Angina
	Anxiety		Apnea (Sleep)		Arthritis
	Asthma		Blurred Vision		Breast Lump
	Broken Bones		Cancer		Chemical Dependency
	Chest Pain		Chronic Ear Infection		Concussion
	COPD / Emphysema		Depression		Diabetes
	Dizziness		Epilepsy		Erectile Dysfunction
	Fainting		Fever / Chills		Frequent Infection
	Gout		Headache (Frequent)		Heart Disease
	Hepatitis		Herniated Disc		High/Low Blood Pressure
	High Cholesterol		High Triglycerides		Jaw Pain
	Kidney Disease / Stones		Liver Disease		Loss of Smell
	Loss of Taste		Migraine Headaches		Multiple Sclerosis
	Nausea / Vomiting		Night Sweats / Chills		Numbness
	Osteoporosis		Pacemaker		Parkinson's Disease
	PMS Symptoms		Polio		Poor Circulation
	Poor Posture		Prostate Problems		Psoriasis
	Rash		Rheumatoid Arthritis		Ringing In The Ears
	Scoliosis		Sexual Disease		Shortness of Breath
	Skin Cancer		Stroke / Heart Attack		Suicide Attempt
	Thyroid Problems		Tongue / Lip Tie		Tuberculosis
	Ulcers		Unexplained Bleeding		Unexplained Lumps
	Rapid Weight Change		Weakness		

Use this space to let us know anything else you feel is important to your health history:

Additional Information

Name: _____

Date: _____

1. Please check any that apply:

<input type="checkbox"/>	I am a smoker	<input type="checkbox"/>	I have had a broken bone
<input type="checkbox"/>	I exercise three or more times per week	<input type="checkbox"/>	I have been knocked unconscious
<input type="checkbox"/>	I take pain relievers at least once per week	<input type="checkbox"/>	I have been in a car, work or other accident

2. Please list any surgeries you have had: _____

3. Please list (or provide a list) of any medications you currently take: _____

_____ (Use the back of this page if necessary)

4. Any known allergies: _____

5. Relevant immediate family history: _____

6. Any other concerns you would like to discuss with us today? _____

Name: _____ Date: _____ # _____

Acknowledgements:

- I grant permission to be called, texted, and or emailed to confirm or reschedule an appointment and to be sent occasional cards, letters, emails or health information to me as an extension of my care in this office.

By submitting this form and signing up for text appointment reminders, you consent to receive messages from Care Chiropractic at the number provided, including messages sent by autodialer. Consent is not a condition of treatment. Msg & data rates may apply. Msg frequency varies. Unsubscribe at any time by replying STOP. Reply HELP for help.

- I realize that an x-ray examination may be hazardous to an unborn child and I certify that to the best of my knowledge I am not pregnant.

Date of last menstrual period (MM/DD/YY): _____

- I understand, as with all health care approaches, results are not guaranteed, and there is no promise to cure. As with all types of health care interventions, there are some risks to care, including, but not limited to: muscle spasms, aggravating and/or temporary increase in symptoms, lack of improvement of symptoms, burns and/or scarring from electrical stimulation and from hot or cold therapies, including, but not limited to, hot packs and ice, fractures (broken bones), disc injuries, strokes, dislocations, strains, and sprains. With respect to strokes, there is a rare but serious condition known as an arterial dissection that involves an abnormal change in the wall of an artery that may cause the development of a thrombus (clot) with the potential to lead to a stroke. This occurs in 3-4 of every 100,000 people, whether they are receiving health care or not. Patients who experience this condition often, but not always, present to their medical doctor or chiropractor with neck pain and headache. Unfortunately, a percentage of these patients will experience a stroke. As chiropractic can involve manually and/or mechanically adjusting the cervical spine, it has been reported that chiropractic care may be a risk for developing this type of stroke. The association with stroke is exceedingly rare and is estimated to be related in one in one million to one in two million cervical adjustments. It is also important that you understand there are treatment options available for your condition other than chiropractic procedures. Likely, you have tried many of these approaches already. These options may include, but are not limited to: self-administered care, over-the-counter pain relievers, physical measures and rest, medical care with prescription drugs, physical therapy, bracing, injections, and surgery. Lastly, you have the right to a second opinion and to secure other opinions about your circumstances and health care as you see fit.

I have read, or have had read to me, the above consent. I appreciate that it is not possible to consider every possible complication to care. I have also had an opportunity to ask questions about its content, and by signing below, I agree with the current or future recommendation to receive chiropractic care as is deemed appropriate for my circumstance. I intend this consent to cover the entire course of care from all providers in this office for my present condition and for any future condition(s) for which I seek chiropractic care from this office.

Patient: _____

Signature: _____ Date: _____

Parent or Guardian: _____

Signature: _____ Date: _____

Witness Name: _____

Signature: _____ Date: _____