



CONFIDENTIAL HEALTH INFORMATION

Sanderson Chiropractic Care
Steve Sanderson, D.C.
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Please allow our staff to photocopy your driver's license and insurance details.
All information you supply is confidential. We comply with all federal privacy standards.
Please print clearly.

Today's Date (MM/DD/YYYY)

Have you consulted a chiropractor before?

No Yes When?

Patient Number (office use only)

Whom may we thank for referring you?

If so, whom?

Your Last Name

Your Social Security Number

Birth Date (MM/DD/YYYY)

Age

Your First Name

Your Middle Name (or Initial)

Gender

Male Female

Race

Address

Marital Status Married

Ethnicity

Single Divorced

City

State/Province

ZIP/Postal Code

Widowed Separated

Preferred Language

Home Phone

Cell Phone

Spouse's Name

Email Address

Child's Name and Age

Emergency Contact

Emergency Contact's Phone

Child's Name and Age

Your Occupation

Child's Name and Age

Your Employer

Work Phone

Address

May we contact you at work?

Yes No

City

State/Province

ZIP/Postal Code

Preferred method of contact?

Home Phone Cell Phone

Work Phone Email

Primary Care Provider's Name

Insurance Carrier

Policy Number

Insured's Last Name

Birth Date (MM/DD/YYYY)

Who carries this policy?

Self Spouse Parent

Insured's First Name

Insured's Middle Name (or Initial)

Insured's Employer

Address

City

State/Province

ZIP/Postal Code

Employer's Phone

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1. The symptom(s) that have prompted me to seek care today include: _____

2. And are the result of (darken circle): An accident or injury
 Work Auto Other _____
 A worsening long-term problem
 An interest in: Wellness Other _____

3. Onset (When did you first notice your current symptoms?)

4. Intensity (How extreme are your current symptoms?)



5. Duration and Timing (When did it start and how often do you feel it?)

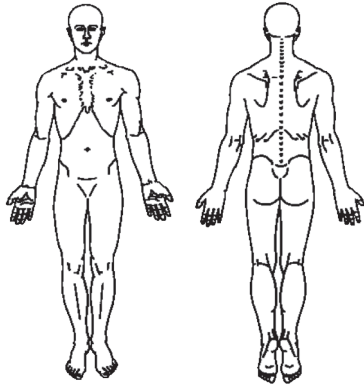
Constant Comes and goes. How Often? _____

6. Quality of symptoms (What does it feel like?)

- Numbness
- Tingling
- Stiffness
- Dull
- Aching
- Cramps
- Nagging
- Sharp
- Burning
- Shooting
- Throbbing
- Stabbing
- Other _____

7. Location (Where does it hurt?)

Circle the area(s) on the illustration.
"0" for current condition
"X" for conditions experienced in the past



8. Radiation (Does it affect other areas of your body? To what areas does the pain radiate, shoot or travel.)

9. Aggravating or relieving factors (What makes it better or worse, such as time of day, movements, certain activities, etc.)

What tends to worsen the problem? _____

What tends to lessen the problem? _____

10. Prior interventions (What have you done to relieve the symptoms?)

- Prescription medication Surgery Ice
- Over-the-counter drugs Acupuncture Heat
- Homeopathic remedies Chiropractic Other _____
- Physical therapy Massage _____

11. What else should Dr. Sanderson know about your current condition? _____

12. How does your current condition interfere with your:

Work or career: _____

Recreational activities: _____

Household responsibilities: _____

Personal relationships: _____

13. Review of Systems

Chiropractic care focuses on the integrity of your nervous system, which controls and regulates your entire body. Please darken the circle beside any condition that you've Had or currently Have and initial to the right.

a. Musculoskeletal

- | | | | | | | |
|---|--|--|--|--|--|----------------------------|
| Had <input type="radio"/> Have <input type="radio"/> Osteoporosis | Had <input type="radio"/> Have <input type="radio"/> Arthritis | Had <input type="radio"/> Have <input type="radio"/> Scoliosis | Had <input type="radio"/> Have <input type="radio"/> Neck pain | Had <input type="radio"/> Have <input type="radio"/> Back problems | Had <input type="radio"/> Have <input type="radio"/> Hip disorders | NONE <input type="radio"/> |
| <input type="radio"/> Knee injuries | <input type="radio"/> Foot/ankle pain | <input type="radio"/> Shoulder problems | <input type="radio"/> Elbow/wrist pain | <input type="radio"/> TMJ issues | <input type="radio"/> Poor posture | Initials _____ |

b. Neurological

- | | | | | | | |
|--|---|---|--|---|---|----------------------------|
| Had <input type="radio"/> Have <input type="radio"/> Anxiety | Had <input type="radio"/> Have <input type="radio"/> Depression | Had <input type="radio"/> Have <input type="radio"/> Headache | Had <input type="radio"/> Have <input type="radio"/> Dizziness | Had <input type="radio"/> Have <input type="radio"/> Pins and needles | Had <input type="radio"/> Have <input type="radio"/> Numbness | NONE <input type="radio"/> |
| | | | | | | Initials _____ |

c. Cardiovascular

- | | | | | | | |
|--|---|---|---|---|---|----------------------------|
| Had <input type="radio"/> Have <input type="radio"/> High blood pressure | Had <input type="radio"/> Have <input type="radio"/> Low blood pressure | Had <input type="radio"/> Have <input type="radio"/> High cholesterol | Had <input type="radio"/> Have <input type="radio"/> Poor circulation | Had <input type="radio"/> Have <input type="radio"/> Angina | Had <input type="radio"/> Have <input type="radio"/> Excessive bruising | NONE <input type="radio"/> |
| | | | | | | Initials _____ |

d. Respiratory

- | | | | | | | |
|---|--|--|--|--|--|----------------------------|
| Had <input type="radio"/> Have <input type="radio"/> Asthma | Had <input type="radio"/> Have <input type="radio"/> Apnea | Had <input type="radio"/> Have <input type="radio"/> Emphysema | Had <input type="radio"/> Have <input type="radio"/> Hay fever | Had <input type="radio"/> Have <input type="radio"/> Shortness of breath | Had <input type="radio"/> Have <input type="radio"/> Pneumonia | NONE <input type="radio"/> |
| | | | | | | Initials _____ |

e. Digestive

- | | | | | | | |
|---|--|---|--|---|---|----------------------------|
| Had <input type="radio"/> Have <input type="radio"/> Anorexia/bulimia | Had <input type="radio"/> Have <input type="radio"/> Ulcer | Had <input type="radio"/> Have <input type="radio"/> Food sensitivities | Had <input type="radio"/> Have <input type="radio"/> Heartburn | Had <input type="radio"/> Have <input type="radio"/> Constipation | Had <input type="radio"/> Have <input type="radio"/> Diarrhea | NONE <input type="radio"/> |
| | | | | | | Initials _____ |

f. Sensory

- | | | | | | | |
|---|--|---|--|--|--|----------------------------|
| Had <input type="radio"/> Have <input type="radio"/> Blurred vision | Had <input type="radio"/> Have <input type="radio"/> Ringing in ears | Had <input type="radio"/> Have <input type="radio"/> Hearing loss | Had <input type="radio"/> Have <input type="radio"/> Chronic ear infection | Had <input type="radio"/> Have <input type="radio"/> Loss of smell | Had <input type="radio"/> Have <input type="radio"/> Loss of taste | NONE <input type="radio"/> |
| | | | | | | Initials _____ |

g. Skin

- | | | | | | | |
|--|--|---|---|--|---|----------------------------|
| Had <input type="radio"/> Have <input type="radio"/> Skin cancer | Had <input type="radio"/> Have <input type="radio"/> Psoriasis | Had <input type="radio"/> Have <input type="radio"/> Eczema | Had <input type="radio"/> Have <input type="radio"/> Acne | Had <input type="radio"/> Have <input type="radio"/> Hair loss | Had <input type="radio"/> Have <input type="radio"/> Rash | NONE <input type="radio"/> |
| | | | | | | Initials _____ |

Patient name _____

Patient Number (office use only) _____

Consultation Notes

Doctor's Initials _____

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(Continued from previous page)

h. Endocrine

- Had Have Thyroid issues
Had Have Immune disorders
Had Have Hypoglycemia
Had Have Frequent infection
Had Have Swollen glands
Had Have Low energy
NONE
Initials _____

i. Genitourinary

- Had Have Kidney stones
Had Have Infertility
Had Have Bedwetting
Had Have Prostate issues
Had Have Erectile dysfunction
Had Have PMS symptoms
NONE
Initials _____

j. Constitutional

- Had Have Fainting
Had Have Low libido
Had Have Poor appetite
Had Have Fatigue
Had Have Sudden weight gain/loss (circle one)
Had Have Weakness
NONE
Initials _____

Patient name _____

Patient Number (office use only) _____

All other systems negative

Past Personal, Family and Social History

Please identify your past health history, including accidents, injuries, illnesses and treatments. Please complete each section fully.

14. Illnesses: Check the illnesses you have Had in the past or Have now.
15. Operations: Surgical interventions, which may or may not have included hospitalization.
16. Treatments: Check the ones you've received in the Past or are receiving Currently.
17. Injuries: Have you ever...
List: _____

PERSONAL

Consultation Notes

18. Family History

Some health issues are hereditary. Tell Dr. Sanderson about the health of your immediate family members.

Table with columns: Relative, Age (If living), State of health (Good/Poor), Illnesses, Age at death, Cause of death (Natural/Illness). Rows include Mother, Father, Sister 1, Sister 2, Brother 1, Brother 2.

19. Are there any other hereditary health issues that you know about? _____

20. Social History

Tell Dr. Sanderson about your health habits and stress levels.

Alcohol use: Daily Weekly How much?
Coffee use: Daily Weekly How much?
Tobacco use: Daily Weekly How much?
Exercising: Daily Weekly How much?
Pain relievers: Daily Weekly How much?
Soft drinks: Daily Weekly How much?
Water intake: Daily Weekly How much?
Hobbies: _____
Prayer or meditation? Yes No
Job pressure/stress? Yes No
Financial peace? Yes No
Vaccinated? Yes No
Mercury fillings? Yes No
Recreational drugs? Yes No

SOCIAL

Doctor's Initials _____

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21. Activities of Daily Living

How does this condition currently interfere with your life and ability to function?

	No Effect	Mild Effect	Moderate Effect	Severe Effect
Sitting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rising out of chair	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Standing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lying down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bending over	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Climbing stairs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using a computer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Getting in/out of car	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Driving a car	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Looking over shoulder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Caring for family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	No Effect	Mild Effect	Moderate Effect	Severe Effect
Grocery shopping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Household chores	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lifting objects	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reaching overhead	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Showering or bathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dressing myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Love life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Getting to sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Staying asleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Concentrating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Exercising	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yard work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Patient name _____

Patient Number
(office use only)

22. What is the major stressor in your life? _____ 23. How much sleep do you average per night? _____ Hours

24. What is the type and approximate age of your mattress and pillow? _____ 25. What is your preferred sleeping position? _____

26. Describe your typical eating habits: Skip breakfast Two meals a day Three meals a day Snacking between meals

27. What would be the most significant thing that you could do to improve your health? _____

28. In addition to the main reason for your visit today, what additional health goals do you have? _____

Acknowledgements

To set clear expectations, improve communications and help you get the best results in the shortest amount of time, please read each statement and initial your agreement.

Initials _____ **I instruct the chiropractor to deliver the care that, in his or her professional judgement, can best help me in the restoration of my health. I also understand that the chiropractic care offered in this practice is based on the best available evidence and designed to reduce or correct vertebral subluxation. Chiropractic is a separate and distinct healing art from medicine and does not proclaim to cure any named disease or entity.**

Initials _____ **I may request a copy of the Privacy Policy and understand it describes how my personal health information is protected and released on my behalf for seeking reimbursement from any involved third parties.**

Initials _____ **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/YYYY): _____**

Initials _____ **I grant permission to be called 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.**

Initials _____ **I acknowledge that any insurance I may have is an agreement between the carrier and me and that I am responsible for the payment of any covered or non-covered services I receive.**

Initials _____ **To the best of my ability, the information I have supplied is complete and truthful. I have not misrepresented the presence, severity or cause of my health concern.**

If the patient is a minor child, print child's full name: _____

Signature _____

Date (MM/DD/YYYY) _____

Consultation Notes

Doctor's Initials _____

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