

# Health-1<sup>st</sup> Health Questionnaire

Name \_\_\_\_\_ Home Phone \_\_\_\_\_  
Address \_\_\_\_\_ Cell Phone/Pager \_\_\_\_\_  
City,State,Zip \_\_\_\_\_ Birthdate \_\_\_\_\_  
Male/Female Age \_\_\_\_\_ SS# \_\_\_\_\_ Email \_\_\_\_\_  
Occupation \_\_\_\_\_ Employer \_\_\_\_\_ Employer's Phone# \_\_\_\_\_  
Employer's Address \_\_\_\_\_  
Marital Status: M W D S Spouse Name \_\_\_\_\_ No# of Children \_\_\_\_\_  
Name of Children \_\_\_\_\_

1. Many patients are referred to our office by a family member or friend. What or who made you decide to visit our office?  
\_\_\_\_\_
2. Science tells us your spine should be cared for regularly. How often do you get adjusted by a chiropractor?  
\_\_\_\_\_ Frequently \_\_\_\_\_ only when you hurt \_\_\_\_\_ 1 x monthly \_\_\_\_\_ never
3. When was your last complete spinal examination including x-rays? \_\_\_\_\_  Never
4. Do you know if you have a spinal curvature, spinal arthritis, or inherited spinal problem?  Yes  No
5. Over time spinal misalignments will cause arthritis and degeneration which results in grinding or cracking to be heard when you move your neck or back. Do you hear these sounds when you move your head or neck?  Yes  No
6. If your spine is out of alignment for a long time it can make you feel like you need to twist, stretch, or crack your neck or back. Do you often feel the need to crack or pop your neck or lower back?  Yes  No
7. Poor posture leads to poor health and early death. How would you rate your posture? Poor 1 2 3 4 5 6 7 8 9 10 Excellent
8. Stress will cause you to accelerate spinal damage. Rate your stress level over the last 3 months.  
Calm/Relaxed 1 2 3 4 5 6 7 8 9 10 Very tense/Tight
9. Please circle or list any health symptoms or health complaints you are experiencing.  
Neck pain L/R      Arm pain/Numbness L/R      Asthma      Thyroid  
Back Pain L/R      Leg pain L/R      Cancer      Allergies: \_\_\_\_\_  
Mid-back pain L/R      Headaches/Migraines      Constipation      \_\_\_\_\_  
Lower-back pain L/R      Diabetes I/II      Menstrual pain      \_\_\_\_\_
10. Prescription medications cause various side effects, hide the severity of health problems, and hinder the body's ability to heal. What medications are you currently taking? (use back if necessary)  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
11. Please list any surgeries you have had. \_\_\_\_\_
12. Daily trauma, auto accident(s), and work injuries can cause serious spinal problems.  
When was your most recent injury at home? \_\_\_\_\_ Car accident? \_\_\_\_\_ Slip or fall? \_\_\_\_\_
13. Spinal health is vitally important to ensure a healthy pregnancy. Is there a chance you are pregnant?  Yes  No
14. Do you smoke?  Yes  No
15. Improper sleeping positions can cause spinal damage, what sleeping position do you sleep in:  Back  Stomach  R Side  L Side
16. Exercise level: Never 1 2 3 4 5 6 7 8 9 10 6x @wk      17. Are you ?  Right Handed  Left Handed
18. Please list vitamins/supplements you take: \_\_\_\_\_
19. If the doctor identifies your spine to be misaligned, are you committed to follow the recommendations to correct your problem completely?  
 Yes  No

The above information is true and accurate to the best of my knowledge.

Patient Signature (Parent/Guardian): \_\_\_\_\_ Date: \_\_\_\_\_