

PERSONAL HISTORY

What is the most you ever weighed? _____ When? _____

Do you smoke? YES NO How much do you smoke? _____ packs/day _____ packs/week
How long have you been a smoker? _____ Have you been a smoker in the past? YES NO
How long have you stopped smoking? _____

Do you drink alcoholic beverages? YES NO
How much do you drink? _____ drinks/day _____ drinks/week _____ drinks/month
How long have you been drinking alcoholic beverages? _____ months _____ years

How many children did you give birth to? _____ What are their ages? _____

Do you commute to work? YES NO if yes, how long is the commute? _____
What means of transportation? (Ex. Bus, drive car, carpool, walk, etc...) _____

Do you presently exercise on a regular basis? YES NO If yes, complete below:

Activity	Duration	Frequency
_____	_____	_____
_____	_____	_____
_____	_____	_____

List exercise activity prior to your problem:

Activity	Duration	Frequency
_____	_____	_____
_____	_____	_____
_____	_____	_____

Any known food allergies? _____

What did you eat and drink yesterday:

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Do you crave certain foods: _____

Does any food you eat cause any discomfort: _____

8oz. Glasses per day

Water/day = _____ Soda/day = _____ Tea/day = _____ Other: _____

Your last bowel movement was: _____

How often do you have a bowel movement: 1x/day 2x/day 3x/day Other: _____

PERSONAL HISTORY

Do you have, or have had, any of the following?

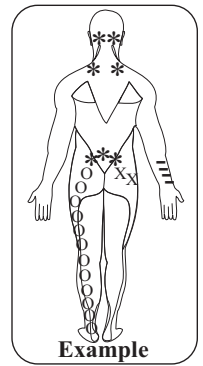
Problem	NO	YES	When	What
Surgery				
Surgery				
Surgery				
Cancer				
Broken Bone				
Broken Bone				
Scoliosis				
Heart Problems				
High Blood Pressure				
Stroke				
Diabetes				
Rheumatic Fever				
Rheumatoid Arthritis				
Gout				
Lupus				
Psoriasis				
Multiple Sclerosis				
Lung Problems				
Other				
Other				
Other				

FAMILY HISTORY

Do any of your BLOOD FAMILY have, or have had, any of the following?

Problem	NO	YES	When	What
Chronic Back Pain				
Chronic Neck Pain				
Spine Surgery				
Cancer				
Heart Problems				
High Blood Pressure				
Stroke				
Diabetes				
Rheumatic Fever				
Rheumatoid Arthritis				
Gout				
Lupus				
Psoriasis				
Multiple Sclerosis				
Lung Problems				
Scoliosis				
Other				
Other				
Other				
Other				
Other				

PAIN CHART



Date: _____

Signature: _____

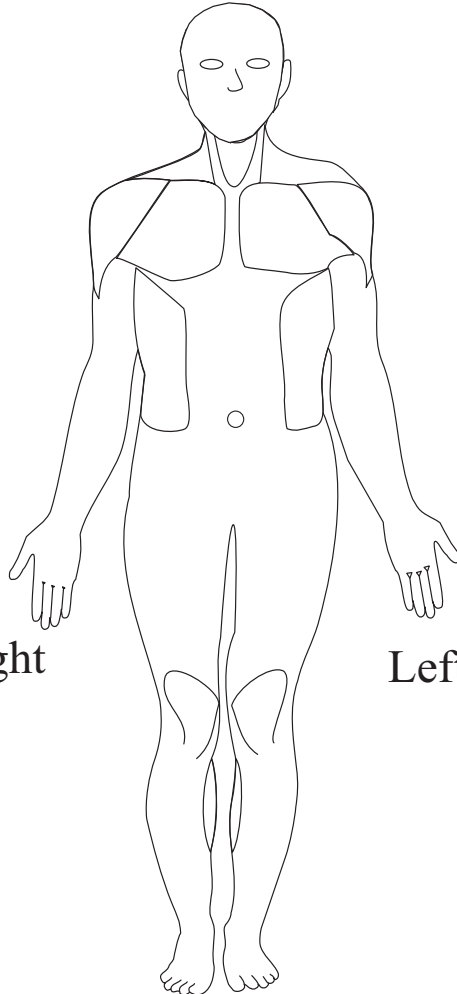
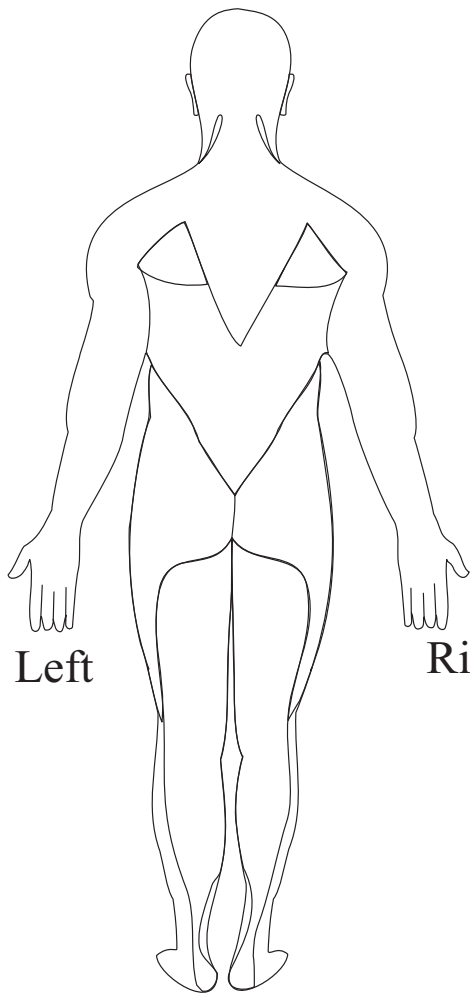
SHOW AREA(S) OF PAIN OR UNUSUAL FEELING

Mark the areas on this body where you feel the described sensations.

Use the appropriate symbols (See box below)

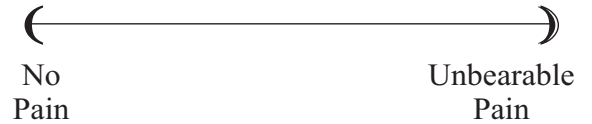
Mark areas of radiation (Ex. down leg, down arm, into hip, etc.) Include all affected areas.

Numbness -----	Pins & Needles OOOOO	Burning XXXXX	Aching *****	Cramping CCCCC	Stabbing /////
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Neck-Shoulder-Arm-Pain

I rate my discomfort as follows:



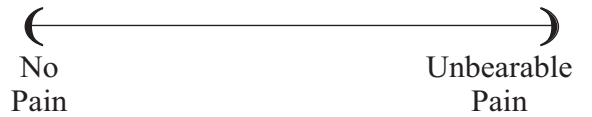
Mid Back Pain

I rate my discomfort as follows:



Low Back and Leg Pain

I rate my discomfort as follows:



Best You Have Felt This Week **Worst Pain This Week**

Average Pain This Week

Please complete back side of this page

Symptom Questionnaire

What is your Chief/Primary Complaint? _____

How did this condition develop? _____

Overexertion / Strenuous Position / Auto Accident / Work Accident / Fall / Trauma

ONSET: When was the first time (date) you were aware of the problem? _____

PROV: What makes the problem worse? _____
Coughing/Sneezing / Lifting / Bending / Prolonged Sitting / Driving / Standing / Walking

PALL: What relieves the problem? _____
Rest / Movement/Exercise / Sitting / Standing / Lying / Ice / Heat / Drugs-Aspirin / Tylenol /
Ibuprofen / Drugs-Other: _____

QUALITY: How would you describe the pain or problem? _____
Sharp / Stabbing / Dull / Aching / Burning / Throbbing / Pins & Needles / Numbness

RADIATES: Does this refer into another part of your body? Left Side of / Right Side of
Head / Neck / Shoulder / Arm / Hand / Back / Hip / Leg & Thigh / Calf / Foot _____

TIME: Is there any certain time of day that you notice the pain being worse?

Morning / Afternoon / Evening / Bedtime / Wakes me up at night / At Work / After Work

How long does the pain/problem last? _____
Brief / Intermittent / Occasional / Frequent / Constant

Have you ever had the same or similar problem before? YES NO If yes, when?
Please explain: _____

Have you seen another doctor for this problem before? NO (YES Dr. _____)
Recommendations or prescriptions? _____
Please list any other medication you are currently taking. _____

Please list any vitamin or herbal supplements you are currently taking. _____

Have you ever been treated by a chiropractor before? NO (YES Dr. _____)
Did the chiropractor adjust your Neck (Y / N), Mid Back (Y / N), Low Back (Y / N)? _____

Please list any significant accidents (automobile or other) or falls? _____



PATIENT INFORMATION

"Dedicated to helping you live a healthy, productive and long life"
DR. RICHARD M. NOVAK
Certified in Whiplash & Spinal Trauma
Loomis Digestive Health Specialist
Fellowship International Academy
of Medical Acupuncture
Certified Golf Specialist

Patient Name: _____ Date: _____
Address: _____
City: _____ State: _____ Zip Code: _____
S.S.#: _____ Date of Birth: _____ Age: _____ Sex: M F
Marital Status: S/M/D/W Children: _____
Home Telephone: _____ Cell Phone: _____
Occupation: _____ Work Phone: _____
Employer's Name and Address: _____
Emergency Name and Phone #: _____ Relationship: _____
Name of M.D.: _____ Date of last physical: _____
Do you have Insurance: Y N Referred by: _____

PRIMARY INSURANCE INFORMATION:

Name of Insured: _____
Patient Relationship to the Insured: _____
Name of Primary Insurance Company: _____
Address: _____ Phone: _____
Employee ID #: _____ Policy #: _____
Group Name: _____ Group #: _____
Do you have Medicare: Y N Medicare #: _____

THE INFORMATION BELOW MUST BE FILLED OUT: COMPLETELY

Spouse's Name: _____ S.S.#: _____
Date of Birth: _____ Age: _____ Sex: M F
Employer's Name and Address: _____
Work telephone: _____

SECONDARY INSURANCE INFORMATION:

Name of Insured: _____
Patient Relationship to the Insured: _____
Name of Insurance Company: _____
Address: _____ Phone: _____
Employee ID #: _____ Policy #: _____
Group Name: _____ Group #: _____