

Chiropractic Health Questionnaire

Name: _____ Date: _____

Cell #: _____ E-mail: _____

Research shows that your spine should be checked regularly.

How many times have you visited a chiropractor in your lifetime? _____ Years/ Months/ Weeks/ Days/ Never
Date of your last visit? _____ Name of Doctor _____

Why did you go to a Chiropractor before? _____

When was your last complete spinal examination including x-rays? Never /or Date: _____

Have you ever been told that you have an abnormal spinal curvature, spinal arthritis, inherited spinal problems, bone thinning or degenerative disc disease? Yes / No

Explain: _____

Have you been told you have a neurological disorder? Yes / No

Explain: _____

Spinal misalignments cause decay and degeneration which results in grinding or cracking.

Do you ever hear noises when you move your head or neck? Yes / No

Spinal misalignments can make you feel like you need to twist, stretch or crack your neck or back. Do you ever feel the need to crack or pop your neck or spine? Yes / No

Poor posture leads to poor health and often indicates a spinal problem.

How would you rate your posture? excellent ☺ - 1 2 3 4 5 6 7 8 9 10 - ☹ Poor

Stress can cause or accelerate spinal damage. Rate your stress level over the last 90 days.

☺ Low- 1 2 3 4 5 6 7 8 9 10 -High ☹

Spinal misalignments decrease the body's immune response. Do you have allergies? Yes/ No

Do you get cold and flu symptoms often? Yes / No

Spinal Health is important during pregnancy. Is there a chance you are pregnant? Yes / No

Spinal Health is important for all people from infancy to geriatrics.

Is your family under chiropractic care? Yes / No

Many athletes use Chiropractic care on a regular basis to prevent injuries and improve their peak performance.

Do you participate in athletics? Yes / No Explain: _____

Do you know what a subluxation is? Yes / No

Explain: _____

What are your health wellness goals?

Patient Signature: _____ Date: _____

