

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
**Address** \_\_\_\_\_ **City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip Code** \_\_\_\_\_  
**H. Phone** \_\_\_\_\_ **W. Phone** \_\_\_\_\_ **Cell Phone** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Sex** M F **Marital Status** M S D W **Date of Birth** \_\_\_\_\_ **Age** \_\_\_\_\_

**Occupation** \_\_\_\_\_

**Employer** \_\_\_\_\_

**Emergency Contact and Phone Number:** \_\_\_\_\_

**Referred by:** \_\_\_\_\_

**Have you ever received Chiropractic Care?** Yes No **If yes, when?** \_\_\_\_\_

**Name of most recent Chiropractor:** \_\_\_\_\_

### 1. Past Health History:

#### A. Surgeries:

Date	Type of Surgery
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

#### B. Previous Injury or Trauma: \_\_\_\_\_

**Have you ever broken any bones? Which?** \_\_\_\_\_

**C. Allergies:** \_\_\_\_\_

### 2. Family Health History:

Do you have a family history of? (Please indicate all that apply)

- ☐ Cancer ☐ Strokes/TIA's ☐ Headaches ☐ Heart disease ☐ Neurological diseases  
☐ Adopted/Unknown ☐ Cardiac disease below age 40 ☐ Psychiatric disease  
☐ Diabetes ☐ Other \_\_\_\_\_ ☐ None of the above

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

**A. Deaths in immediate family:**

Cause of parents' or siblings' death

Age at death

_____	_____
_____	_____
_____	_____

**3. Social and Occupational History:**

**A. Job description:** \_\_\_\_\_

**B. Work schedule:** \_\_\_\_\_

**C. Recreational activities:** \_\_\_\_\_

**D. Lifestyle:**

**Hobbies:** \_\_\_\_\_

**Level of Exercise:** \_\_\_\_\_

**Alcohol Use:** \_\_\_\_\_

**Tobacco Use:** \_\_\_\_\_

**Drug Use:** \_\_\_\_\_

**Diet:** \_\_\_\_\_

**4. Medications:**

Medication

Reason for taking

_____	_____
_____	_____
_____	_____
_____	_____

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Review of Systems**Have you had any of the following **pulmonary (lung-related)** issues?

- ☐ Asthma/difficulty breathing ☐ COPD ☐ Emphysema ☐ Other \_\_\_\_\_ ☐ None of the above

Have you had any of the following **cardiovascular (heart-related)** issues or procedures?

- ☐ Heart surgeries ☐ Congestive heart failure ☐ Murmurs or valvular disease ☐ Heart attacks/MIs ☐ Heart disease/problems ☐ Hypertension ☐ Pacemaker ☐ Angina/chest pain ☐ Irregular heartbeat ☐ Other \_\_\_\_\_
- ☐ None of the above

Have you had any of the following **neurological (nerve-related)** issues?

- ☐ Visual changes/loss of vision ☐ One-sided weakness of face or body ☐ History of seizures ☐ One-sided decreased feeling in the face or body ☐ Headaches ☐ Memory loss ☐ Tremors ☐ Vertigo ☐ Loss of sense of smell
- ☐ Strokes/TIAs ☐ Other \_\_\_\_\_ ☐ None of the above

Have you had any of the following **endocrine (glandular/hormonal)** related issues or procedures?

- ☐ Thyroid disease ☐ Hormone replacement therapy ☐ Injectable steroid replacements ☐ Diabetes
- ☐ Other \_\_\_\_\_ ☐ None of the above

Have you had any of the following **renal (kidney-related)** issues or procedures?

- ☐ Renal calculi/stones ☐ Hematuria (blood in the urine) ☐ Incontinence (can't control) ☐ Bladder Infections
- ☐ Difficulty urinating ☐ Kidney disease ☐ Dialysis ☐ Other \_\_\_\_\_ ☐ None of the above

Have you had any of the following **gastroenterological (stomach-related)** issues?

- ☐ Nausea ☐ Difficulty swallowing ☐ Ulcerative disease ☐ Frequent abdominal pain ☐ Hiatal hernia ☐ Constipation
- ☐ Pancreatic disease ☐ Irritable bowel/colitis ☐ Hepatitis or liver disease ☐ Bloody or black tarry stools
- ☐ Vomiting blood ☐ Bowel incontinence ☐ Gastroesophageal reflux/heartburn ☐ Other \_\_\_\_\_ ☐ None of the above

Have you had any of the following **hematological (blood-related)** issues?

- ☐ Anemia ☐ Regular anti-inflammatory use (Motrin/Ibuprofen/Naproxen/Naprosyn/Aleve) ☐ HIV positive
- ☐ Abnormal bleeding/bruising ☐ Sickle-cell anemia ☐ Enlarged lymph nodes ☐ Hemophilia
- ☐ Hypercoagulation or deep venous thrombosis/history of blood clots ☐ Anticoagulant therapy ☐ Regular aspirin use
- ☐ Other \_\_\_\_\_ ☐ None of the above

Have you had any of the following **dermatological (skin-related)** issues?

- ☐ Significant burns ☐ Significant rashes ☐ Skin grafts ☐ Psoriatic disorders ☐ Other \_\_\_\_\_ ☐ None of the above

Have you had any of the following **musculoskeletal (bone/muscle-related)** issues?

- ☐ Rheumatoid arthritis ☐ Gout ☐ Osteoarthritis ☐ Broken bones ☐ Spinal fracture ☐ Spinal surgery ☐ Joint surgery
- ☐ Arthritis (unknown type) ☐ Scoliosis ☐ Metal implants ☐ Other \_\_\_\_\_ ☐ None of the above

Have you had any of the following **psychological** issues?

- ☐ Psychiatric diagnosis ☐ Depression ☐ Suicidal ideations ☐ Bipolar disorder ☐ Homicidal ideations ☐ Schizophrenia
- ☐ Psychiatric hospitalizations ☐ Other \_\_\_\_\_ ☐ None of the above

Is there anything else in your past medical history that you feel is important to your care here? \_\_\_\_\_

I have read the above information and certify it to be true and correct to the best of my knowledge, and hereby authorize this office of chiropractic to provide me with chiropractic care, in accordance with this state's statutes. If my insurance will be billed, I authorize payment of medical benefits to Name of Doctor/Office for services performed.

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Patient or Guardian Signature \_\_\_\_\_  
Date \_\_\_\_\_**HIPAA NOTICE OF PRIVACY PRACTICES**

THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

This Notice of Privacy describes how we may use and disclose your protected health information (PHI) to carry our treatment, payment or health care operations (TPO) for other purposes that are permitted or required by law. "Protected Health Information" is information about you, including demographic information that may identify you and that related to your past, present, or future physical or mental health or condition and related care services.

**Use and Disclosures of Protected Health Information:**

Your protected health information may be used and disclosed by your physician, our staff and others outside of our office that are involved in your care and treatment for the purpose of providing health care services to you, pay your health care bills, to support the operations of the physician's practice, and any other use required by law.

**Treatment:** We will use and disclose your protected health information to provide, coordinate, or manage your health care and any related services. This includes the coordination or management of your health care with a third party. For example, we would disclose your protected health information, as necessary, to a home health agency that provides care to you. For example, your health care information may be provided to a physician to whom you have been referred to ensure that the physician has the necessary information to diagnose or treat you.

**Payment:** Your protected health information will be used, as needed, to obtain payment for your health care services. For example, obtaining approval for a hospital stay may require that your relevant protected health information be disclosed to the health plan to obtain approval for the hospital admission.

**Healthcare Operations:** We may disclose, as needed, your protected health information in order to support the business activities of your physician's practice. These activities include, but are not limited to, quality assessment activities, employee review activities, training of medical students, licensing, marketing, and fundraising activities, and conduction or arranging for other business activities. For example, we may disclose your protected health information to medical school students that see patients at our office. In addition, we may use a sign-in sheet at the registration desk where you will be asked to sign your name and indicate your physician. We may also call you by name in the waiting room when your physician is ready to see you. We may use or disclose your protected health information, as necessary, to contact you to remind you of your appointment.

We may use or disclose your protected health information in the following situations without your authorization. These situations included as required by law, public health issues, communicable diseases, health oversight, abuse or neglect, food and drug administration requirements, legal proceedings, law enforcement, coroners, funeral directors, and organ donation. Required uses and disclosures under the law, we must make disclosures to you when required by the Secretary of the Department of Health and Human Services to investigate or determine our compliance with the requirements of Section 164.500.

**OTHER PERMITTED AND REQUIRED USES AND DISCLOSURES WILL BE MADE ONLY WITH YOUR CONSENT, AUTHORIZATION OR OPPORTUNITY TO OBJECT UNLESS REQUIRED BY LAW.**

You may revoke this authorization, at any time, in writing, except to the extent that your physician or the physician's practice has taken an action in reliance on the use or disclosure indicated in the authorization.

Signature of Patient or Representative \_\_\_\_\_

Date \_\_\_\_\_

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name \_\_\_\_\_

**NEW PATIENT HISTORY FORM**

Symptom 1 \_\_\_\_\_

- On a scale from 0-10, with 10 being the worst, please circle the number that best describes the symptom most of the time: 1 2 3 4 5 6 7 8 9 10
- What percentage of the time you are awake do you experience the above symptom at the above intensity: 5 10 15 20 25 30 35 40 45 50 55 60 65 70 75 80 85 90 95 100
- Did the symptom begin suddenly or gradually? (circle one)
- When did the symptom begin? \_\_\_\_\_
  - How did the symptom begin? \_\_\_\_\_
- What makes the symptom worse? (circle all that apply):
  - nothing, any movement, bending neck forward, bending neck backward, tilting head to left, tilting head to right, turning head to left, turning head to right, bending forward at waist, bending backward at waist, tilting left at waist, tilting right at waist, twisting left at waist, twisting right at waist, driving, standing, walking, running, lifting, sitting, getting up from seated position, chewing, changing positions, lying down, reading, working, exercising, laying on side in bed, other (please describe): \_\_\_\_\_
- What makes the symptom better? (circle all that apply):
  - nothing, resting, ice, heat, stretching, exercise, walking, pain medication, muscle relaxers, chiropractic adjustments, massage, other (please describe): \_\_\_\_\_
- Describe the quality of the symptom (circle all that apply):
  - Sharp, dull, achy, burning, throbbing, piercing, stabbing, deep, nagging, shooting, stinging, stiff Other (please describe): \_\_\_\_\_
- Does the symptom radiate to another part of your body (circle one):      yes      no
  - If yes, where does the symptom radiate? \_\_\_\_\_
- Is the symptom worse at certain times of the day or night? (please circle)
  - No difference    Morning    Afternoon    Evening    Night    Other \_\_\_\_\_
- Have you received treatment for this condition and episode prior to today's visit?
  - No
  - Anti-inflammatory meds
  - Pain medication
  - Muscle relaxers
  - Trigger point injections
  - Cortisone injections
  - Surgery



Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

- ☐ Massage
- ☐ Physical Therapy
- ☐ Chiropractic
- ☐ Other \_\_\_\_\_

## NEW PATIENT HISTORY FORM

Symptom 2 \_\_\_\_\_

- On a scale from 0-10, with 10 being the worst, please circle the number that best describes the symptom most of the time: 1 2 3 4 5 6 7 8 9 10
- What percentage of the time you are awake do you experience the above symptom at the above intensity: 5 10 15 20 25 30 35 40 45 50 55 60 65 70 75 80 85 90 95 100
- Did the symptom begin suddenly or gradually? (circle one)
- When did the symptom begin?
  - ☐ How did the symptom begin? \_\_\_\_\_
- What makes the symptom worse? (circle all that apply):
  - ☐ nothing, any movement, bending neck forward, bending neck backward, tilting head to left, tilting head to right, turning head to left, turning head to right, bending forward at waist, bending backward at waist, tilting left at waist, tilting right at waist, twisting left at waist, twisting right at waist, driving, standing, walking, running, lifting, sitting, getting up from seated position, chewing, changing positions, lying down, reading, working, exercising, laying on side in bed, other (please describe): \_\_\_\_\_
- What makes the symptom better? (circle all that apply):
  - ☐ nothing, resting, ice, heat, stretching, exercise, walking, pain medication, muscle relaxers, chiropractic adjustments, massage, other (please describe): \_\_\_\_\_
- Describe the quality of the symptom (circle all that apply):
  - ☐ Sharp, dull, achy, burning, throbbing, piercing, stabbing, deep, nagging, shooting, stinging, stiff Other (please describe): \_\_\_\_\_
- Does the symptom radiate to another part of your body (circle one):      yes      no
  - ☐ If yes, where does the symptom radiate? \_\_\_\_\_
- Is the symptom worse at certain times of the day or night? (please circle)
  - ☐ No difference    Morning    Afternoon    Evening    Night    Other \_\_\_\_\_
- Have you received treatment for this condition and episode prior to today's visit?
  - ☐ No
  - ☐ Anti-inflammatory meds
  - ☐ Pain medication
  - ☐ Muscle relaxers
  - ☐ Trigger point injections

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

- ☐ Cortisone injections
- ☐ Surgery
- ☐ Massage
- ☐ Physical Therapy
- ☐ Chiropractic
- ☐ Other \_\_\_\_\_

**NEW PATIENT HISTORY FORM**

Symptom 3 \_\_\_\_\_

- On a scale from 0-10, with 10 being the worst, please circle the number that best describes the symptom most of the time: 1 2 3 4 5 6 7 8 9 10
- What percentage of the time you are awake do you experience the above symptom at the above intensity: 5 10 15 20 25 30 35 40 45 50 55 60 65 70 75 80 85 90 95 100
- Did the symptom begin suddenly or gradually? (circle one)
- When did the symptom begin? \_\_\_\_\_
  - ☐ How did the symptom begin? \_\_\_\_\_
- What makes the symptom worse? (circle all that apply):
  - ☐ nothing, any movement, bending neck forward, bending neck backward, tilting head to left, tilting head to right, turning head to left, turning head to right, bending forward at waist, bending backward at waist, tilting left at waist, tilting right at waist, twisting left at waist, twisting right at waist, driving, standing, walking, running, lifting, sitting, getting up from seated position, chewing, changing positions, lying down, reading, working, exercising, laying on side in bed, other (please describe): \_\_\_\_\_
- What makes the symptom better? (circle all that apply):
  - ☐ nothing, resting, ice, heat, stretching, exercise, walking, pain medication, muscle relaxers, chiropractic adjustments, massage, other (please describe): \_\_\_\_\_
- Describe the quality of the symptom (circle all that apply):
  - ☐ Sharp, dull, achy, burning, throbbing, piercing, stabbing, deep, nagging, shooting, stinging, stiff Other (please describe): \_\_\_\_\_
- Does the symptom radiate to another part of your body (circle one):      yes      no
  - ☐ If yes, where does the symptom radiate? \_\_\_\_\_
- Is the symptom worse at certain times of the day or night? (please circle)
  - ☐ No difference    Morning    Afternoon    Evening    Night    Other \_\_\_\_\_
- Have you received treatment for this condition and episode prior to today's visit?
  - ☐ No
  - ☐ Anti-inflammatory meds
  - ☐ Pain medication
  - ☐ Muscle relaxers

**Desert Mountain Spinal Care Shea**  
**12002 E. Shea Blvd #4 ~ Scottsdale, AZ 85259**  
**Phone 480-391-7788**

**TERMS OF ACCEPTANCE FOR CHIROPRACTIC CARE**

When a patient seeks chiropractic healthcare and we accept a patient for such care, it is essential for both to be working towards the same objective.

**Chiropractic has only one goal, to eliminate misalignments within the spinal column, which interfere with the expression of the body's innate ability.** It is important that each patient understands both the objective and the method that will be used to attain it. This will prevent any confusion or disappointment.

**Adjustment:** An adjustment is the specific application of forces to facilitate the body's correction of vertebral subluxation. Our chiropractic method of correction is by specific adjustments to the spine.

**Health:** A state of optimal physical, mental and social well-being, not merely the absence of disease or infirmity.

**Vertebral Subluxation:** A misalignment of one or more of the 24 vertebra in the spinal column which causes an alteration of nerve function and interference to the transmission of mental impulses, resulting in a lessening of the body's innate ability to express its maximum health potential.

We do not offer to diagnose or treat any disease or condition other than vertebral subluxation. However, if during the course of a chiropractic spinal examination, we encounter non-chiropractic or unusual findings, we will advise you. If you desire advice, diagnosis or treatment for those findings, we will recommend that you seek the services of a health care provider who specializes in that area.

Regardless of what the disease is called, we do not offer to treat it. Nor do we offer advice regarding treatment prescribed by others. **OUR ONLY PRACTICE OBJECTIVE** is to eliminate a major interference to the expression of the body's innate ability. Our only method is specific adjusting to correct vertebral subluxations.

I, \_\_\_\_\_ have read and fully understand the above statements.  
(Print Name)

All questions regarding the doctor's objectives pertaining to my care in this office have been answered to my complete satisfaction.

**I, therefore accept Chiropractic care on this basis.**

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

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**Consent to evaluate and adjust a minor child.**

I, \_\_\_\_\_ being the parent or legal guardian of \_\_\_\_\_ have read and fully understand the above terms of acceptance and hereby grant permission for my child to receive chiropractic care.

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**Pregnancy Release**

This is to certify that to the best of my knowledge, I am not pregnant and the above doctor and his/her staff have my permission to perform an x-ray evaluation. I have been advised that x-rays can be hazardous to an unborn child.

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Today's Date)



# EXAM

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Acct#: \_\_\_\_\_

POSTURE			
Head Rotation to the	L	R	
Head tilts to the	L	R	
Head laterally shifts to the	L	R	
Elevated shoulder on the	L	R	
Elevated hip on the	L	R	
Weight Distribution	+	+	
RANGE OF MOTION		ROM	Pain
Cervical Flexion	Normal: 50		
Cervical extension	60		
Cervical right lateral flexion	45		
Cervical left lateral flexion	45		
Cervical right rotation	80		
Cervical left rotation	80		
Lumbar flexion	60		
Lumbar extension	25		
Lumbar right lateral flexion	25		
Lumbar left lateral flexion	25		
MYOFASCIAL TRIGGER POINTS			
C: Suboccipital	L	R	
Cervical	L	R	
Scalene	L	R	
Sternocleidomastoid	L	R	
Trapezius	L	R	
Levator scapulae	L	R	
Supraspinatus	L	R	
T: Thoracic paraspinal	L	R	
Middle Trapezius	L	R	
Teres	L	R	
Rhomboid	L	R	
L: Lumbar erector spinae	L	R	
Quadratus lumborum	L	R	
Gluteal	L	R	
Piriformis	L	R	
Psoas	L	R	
H: Iliotibial Band	L	R	
Iliopsoas	L	R	

**NOTES:**

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**New Injury Date:** \_\_\_\_\_

ORTHOPEDIC TESTS			
CV: George's Test	L	R	
C: Cervical compression	L	R	
Maximum cervical compression	L	R	
Spurling's	L	R	
Shoulder depressor	L	R	
Bakody's	L	R	
Allen's	L	R	
C/T: Soto Hall	C/T	C/T	
T: Schelpelmann's (neuralgia)	L	R	
T/L: Kemp's	T/L	T/L	
L: Minor's	L	R	
Ely's	L	R	
SLR	L	R	
Braggard's	L	R	
WLR	L	R	
Milligram's	L	R	
Valsalva's	L	R	
Gaenslen's	L	R	
Iliac compression	L	R	
H: Fabre	L	R	
Trendelenburg	L	R	
Ober's	L	R	
Apparent shortening on the	L	R	
ORTHOPEDIC TESTS EXTREMITIES			
S: Apley scratch	L	R	
Codman	L	R	
Dugas	L	R	
Yeargenson	L	R	
Dawbarn	L	R	
E: Cozen's	L	R	
Mill's	L	R	
W: Tinel's	L	R	
Phalen's	L	R	
K: Bounce home	L	R	
Patellar apprehension	L	R	
Apley's distraction	L	R	
Apley's compression	L	R	
A: Ankle dorsi flexion	L	R	

**Deep Tendon Reflexes/ Muscle Testing**

Patellar	L	R	Biceps	L	R
Hamstring	L	R	Triceps	L	R
Achilles	L	R	Radial	L	R
Grade:	1	2	3	4	5
Notes:					
Rhomboid:	<input type="checkbox"/> wnl	<input type="checkbox"/> mild	<input type="checkbox"/> mod	<input type="checkbox"/> severe	
Past Pointing:	<input type="checkbox"/> wnl	<input type="checkbox"/> mild	<input type="checkbox"/> mod	<input type="checkbox"/> severe	
Disdiado:	<input type="checkbox"/> wnl	<input type="checkbox"/> mild	<input type="checkbox"/> mod	<input type="checkbox"/> severe	
Piano Playing:	<input type="checkbox"/> wnl	<input type="checkbox"/> slowness R/L			
Balance:	Right leg: _____		Left Leg: _____		
Pinwheel:	<input type="checkbox"/> upper	<input type="checkbox"/> lower R/L			
Vibration:	<input type="checkbox"/> upper	<input type="checkbox"/> lower R/L			