

**IMPORTANT:** Please check (✓) all present symptoms. **NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**HEAD:**

- Headache
  - sinus (allergy)
  - entire head
  - back of head
  - forehead
  - temples
  - migraine
- Head feels heavy
- Loss of memory
- Light-headedness
- Fainting
- Light bothers eyes
- Blurred vision
- Double vision
- Loss of vision
- Loss of taste
- Loss of balance
- Dizziness
- Loss of hearing
- Pain in ears
- Ringing in ears
- Buzzing in ears

**NECK:**

- Pain in neck
- Neck pain with movement
  - Forward
  - Backward
  - Turn to left
  - Turn to right
  - Bend to left
  - Bend to right
- Pinched nerve in neck
- Neck feels out of place
- Muscle spasms in neck
- Grinding sounds in neck
- Popping sounds in neck
- Arthritis in neck

**SHOULDERS:**

- Pain in shoulder joint (R-L)
- Pain across shoulders
- Bursitis (R-L)
- Arthritis (R-L)
- Can't raise arm
  - above shoulder level
  - over head
- Tension in shoulders
- Pinched nerve in shoulder (R-L)
- Muscle spasms in shoulders

**ARMS AND HANDS:**

- Pain in upper arm
- Pain in elbow
- Movement aggravated
- Tennis elbow
- Pain in forearm
- Pain in hands
- Arthritis in fingers
- Sensation of pins and needles in arms
- Pain in fingers

**ARMS AND HANDS (continued):**

- Sensation of pins and needles in fingers
- Numbness in arms (R-L)
- Numbness in fingers (R-L)
- Fingers go to sleep
- Hands cold
- Swollen joints in fingers
- Sore joints in fingers
- Loss of strength

**MID-BACK:**

- Mid-back pain
- Location \_\_\_\_\_
- Pain between shoulder blades
- Sharp stabbing
- Dull ache
- Pain from front to back
- Muscle spasms
- Pain in kidney area

**CHEST:**

- Chest pain
- Shortness of breath
- Pain around ribs
- Breast pain
- Dimpled or orange peel breast
- Irregular heartbeat

**ABDOMEN:**

- Nervous stomach
- Foods can't eat \_\_\_\_\_
- Nausea
- Gas
- Constipation
- Diarrhea
- Hemorrhoids

**LOW BACK:**

- Low back pain
  - Upper lumbar
  - Lower lumbar
  - Sacroiliac
- Low back pain is worse when:
  - working
  - lifting
  - stooping
  - standing
  - sitting
  - bending
  - coughing
  - lying down (sleeping)
  - walking
- Pain relieves when \_\_\_\_\_
- Slipped disk
- Low back feels out of place
- Muscle spasms
- Arthritis

**HIPS, LEGS, AND FEET:**

- Pain in buttocks (R-L)
- Pain in hip joint (R-L)
- Pain down leg(s), (R-L) or both

**HIPS, LEGS, AND FEET (continued):**

- Knee pain
  - Inside
  - Outside
- Leg cramps
- Cramps in feet (R-L)
- Pins and needles in legs (R-L)
- Numbness of leg (R-L)
- Numbness of feet (R-L)
- Numbness of toes
- Feet feel cold
- Swollen ankles (R-L)
- Swollen feet (R-L)
- Pain in feet (R-L)
- Weakness in the leg (R-L)

**WOMEN ONLY:**

- Menstrual pain \_\_\_\_\_ (where)
- Cramping
- Irregularity
- Cycle \_\_\_\_\_ days
- Birth control \_\_\_\_\_ (type)
- Hysterectomy
- Genital cancer \_\_\_\_\_
- Discharge \_\_\_\_\_
- Color \_\_\_\_\_
- Tumors
- Abortions
- Menopause

**MEN ONLY:**

- Urinary frequency
- Difficulty in starting
- Night urination
- Prostate pain/ swelling

**GENERAL:**

- Nervousness
- Irritable
- Depressed
- Fatigue
- Generally feel run-down
- Normal sleep \_\_\_\_\_
- Loss of sleep \_\_\_\_\_ hrs./ night
- Loss of weight \_\_\_\_\_ lbs.
- Weight gain \_\_\_\_\_ lbs.
- Coffee \_\_\_\_\_ cups/ day
- Tea \_\_\_\_\_ cups/ day
- Cigarettes \_\_\_\_\_ pack/ day
- Other \_\_\_\_\_
- Diabetes
- Hypoglycemia

**REMARKS:**

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