

IMPORTANT: Please check (x) all present symptoms. Please circle L (Left) or R (Right) if indicated.

HEAD:

- Headaches
 - Sinus (allergy)
 - Entire head
 - Back of head
 - Forehead
 - Temples
 - Migraine
- Head feel heavy
- Loss of memory
- Light-headed
- Fainting
- Light bothers eyes
- Blurred vision
- Double vision
- Loss of vision
- Loss of balance
- Loss of taste
- Loss of hearing
- Dizziness
- Pain in ears
- Ringing in ears

NECK:

- Pain in neck
- Neck pain with movement
 - Forward
 - Backward
 - Turning (L) (R)
 - Bending (L) (R)
- Pinched nerve in neck
- Muscle spasms in neck
- Grinding sounds in neck
- Popping sounds in neck
- Arthritis in neck

SHOULDERS:

- Pain in joint (L) (R)
- Pain across shoulders
- Bursitis (L) (R)
- Arthritis (L) (R)
- Difficulty raising arm (L) (R)
- Tension in shoulders
- Pinched nerve in shoulder (L) (R)
- Muscle spasms in shoulder

ARMS AND HANDS:

- Pain in arm
- Tennis elbow
- Pain in hands/fingers (L) (R)
- Pins and needles sensation (L) (R)
- Numbness (L) (R)

- Cold Hands
- Loss of grip strength
- Sore/swollen joints in fingers
- Arthritis in fingers

MID-BACK:

- Mid-back pain
- Pain between shoulder blades
 - Sharp, stabbing pain
 - Dull ache
- Muscle spasms
- Pain in Kidney area

CHEST:

- Chest pain
- Shortness of breath
- Rib pain
- Breast pain
- Dimpled breast
- Irregular heartbeat

ABDOMEN:

- Nervous stomach
- Nausea
- Gas
- Constipation
- Diarrhea
- Hemorrhoids

LOW BACK:

- Lower back pain
 - Upper lumbar
 - Lower lumbar
 - Sacroiliac
- Low back pain is worse when
 - Working
 - Lifting
 - Stooping
 - Standing
 - Sitting
 - Bending
 - Coughing
 - Lying down
 - Walking
- Pain relieved when _____
- Slipped disc
- Low back feels out of place
- Muscle spasms
- Arthritis

HIPS, LEGS, & FEET

- Pain in buttocks (L) (R)
- Pain in hip joint (L) (R)

- Pain down leg (L) (R)
- Knee pain (L) (R)
 - Outside
 - Inside
- Leg cramps
- Feet cramps
- Pins and needles in legs (L) (R)
- Numbness in legs/feet (L) (R)
- Swelling in legs/feet (L) (R)

WOMEN ONLY:

- Menstrual pain
- Cramping
- Irregularity
- Cycle _____ Days
- Birth control
- Hysterectomy
- Tumors/Cancer of _____
 - Discharge
 - Menopause
 - Abortions

MEN ONLY:

- Increased urinary frequency
- Difficulty starting urination
- Frequent night urination
- Prostate swelling / cancer

GENERAL:

- Nervousness
- Irritable
- Depressed
- Fatigue
- Run-down feeling
- Normal sleep _____ hrs
- Loss of sleep
- Loss of weight _____ lbs
- Weight gain _____ lbs
- Coffee _____ cups/day
- Tea _____ cups/day
- Cigarettes _____ pack/day
- Diabetes
- Hypoglycemia

REMARKS:

Signature: _____ Date: _____