

# Adult Chiropractic Health Questionnaire



Welcome to our office! It is well known that families who maintain strong healthy, well-aligned spines have much improved health. People whose spines are not healthy and kept in proper alignment are much more likely to develop serious health challenges later in life.



Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Address \_\_\_\_\_ Work Phone \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Cell Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

Birth date \_\_\_\_\_ Age \_\_\_\_\_ SS# \_\_\_\_\_

Occupation \_\_\_\_\_ Employer \_\_\_\_\_

Marital Status: M W Sep. D Sin. Spouse Name \_\_\_\_\_ No. of Children \_\_\_\_\_

1. Most patients are referred to our office by a caring family member or friend. What made you decide to visit our office? Friend/Family Member Name \_\_\_\_\_

Telephone Call  Yellow Pages  Sign  Website  Presentation  E-mail

2. Research shows that your spine should be checked regularly. How many times have you visited a chiropractor in your lifetime? \_\_\_\_\_  Never

3. When was your last complete spinal examination including x-rays? \_\_\_\_\_  Never

4. Have you ever been told that you have a spinal curvature, spinal arthritis, or inherited spinal problem?  YES  NO \_\_\_\_\_

5. 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

6. 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 lower spine?  YES  NO

7. Poor posture leads to poor health and often indicates a spinal problem. How would you rate your posture? Poor - 1 2 3 4 5 6 7 8 9 10 - Excellent

8. 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

9. Please list any health symptoms or health complaints you are experiencing.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

10. Prescription medications may cause various side effects, hide the severity of health problems and hinder the body's ability to heal. What medications are you currently taking?  
\_\_\_\_\_

11. Auto and work-related injuries can cause serious spinal problems. Is this visit related to an accident or injury?  YES  NO Date of Incident \_\_\_\_\_

12. Spinal health is especially important during pregnancy. Is there any chance that you are pregnant?  YES  NO

13. Have you ever been diagnosed with cancer? Type \_\_\_\_\_ Year \_\_\_\_\_

14. If the doctor feels that chiropractic will help you, are you willing to follow his/her recommendations?  YES  NO

15. Would you like to receive our office announcements and monthly health and wellness newsletter via e-mail?  YES  NO

The above information is true and accurate to the best of my knowledge.

Patient Signature \_\_\_\_\_

Date \_\_\_\_\_