



# CONFIDENTIAL HEALTH INFORMATION

Sands Clinic of Chiropractic  
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Please allow our staff to photocopy your driver's license and insurance details.  
All information you supply is confidential. We comply with all federal privacy standards.  
Please print clearly.

Today's Date (MM/DD/YYYY)

Have you consulted a chiropractor before?

No  Yes When?

Whom may we thank for referring you?

If so, whom?

Gender

Male  Female

Your Last Name

Your Social Security Number

Your First Name

Your Middle Name (or Initial)

Birth Date (MM/DD/YYYY)

Marital Status

Single  Married  Divorced  
 Widowed  Separated

Address

City

State/Province

ZIP/Postal Code

Home Phone

Spouse's Name

Email Address

Cell Phone

Child's Name and Age

Emergency Contact

Phone

Child's Name and Age

Your Occupation

Child's Name and Age

Your Employer

May we contact you at work?

Yes  No

Address

City

State/Province

ZIP/Postal Code

Work Phone

Insurance Carrier

Policy Number

Primary Care Provider's Name

Insured's Last Name

Birth Date (MM/DD/YYYY)

Who carries this policy?

Self  Spouse  Parent

First Name

Middle Name (or Initial)

Insured's Employer

Address

City

State/Province

ZIP/Postal Code

Employer's Phone

CONFIDENTIAL HEALTH INFORMATION

1. The symptom(s) that have prompted me to seek care today include: \_\_\_\_\_

Patient name \_\_\_\_\_

2. And are the result of (darken circle):  An accident or injury  
 Work  Auto  Other \_\_\_\_\_  
 A worsening long-term problem  
 An interest in:  Wellness  Other \_\_\_\_\_

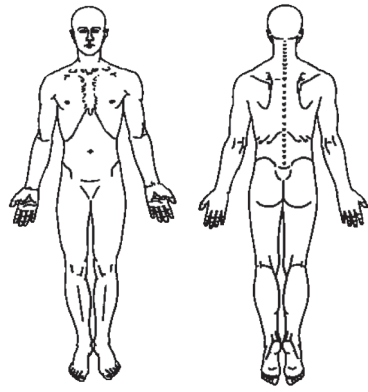
3. Onset (When did you first notice your current symptoms?)  
\_\_\_\_\_

4. Intensity (How extreme are your current symptoms?)  
0           10  
Absent Uncomfortable Agonizing

5. Duration and Timing (When did it start and how often do you feel it?)  
 Constant  Comes and goes. How Often? \_\_\_\_\_

6. Quality of symptoms (What does it feel like?)
- Numbness
  - Tingling
  - Stiffness
  - Dull
  - Aching
  - Cramps
  - Nagging
  - Sharp
  - Burning
  - Shooting
  - Throbbing
  - Stabbing
  - Other \_\_\_\_\_

7. Location (Where does it hurt?)  
Circle the area(s) on the illustration.  
"0" for current condition  
"X" for conditions experienced in the past



8. Radiation (Does it affect other areas of your body? To what areas does the pain radiate, shoot or travel.)  
\_\_\_\_\_

9. Aggravating or relieving factors (What makes it better or worse, such as time of day, movements, certain activities, etc.)  
What tends to worsen the problem? \_\_\_\_\_  
What tends to lessen the problem? \_\_\_\_\_

10. Prior interventions (What have you done to relieve the symptoms?)  
 Prescription medication  Surgery  Ice  
 Over-the-counter drugs  Acupuncture  Heat  
 Homeopathic remedies  Chiropractic  Other \_\_\_\_\_  
 Physical therapy  Massage \_\_\_\_\_

11. What else should Dr. Sands know about your current condition? \_\_\_\_\_

12. How does your current condition interfere with your:  
Work or career: \_\_\_\_\_  
Recreational activities: \_\_\_\_\_  
Household responsibilities: \_\_\_\_\_  
Personal relationships: \_\_\_\_\_

13. Review of Systems  
Chiropractic care focuses on the integrity of your nervous system, which controls and regulates your entire body. Please darken the circle beside any condition that you've Had or currently Have and initial to the right.

<b>a. Musculoskeletal</b>	Had <input type="radio"/> Have <input type="radio"/> Osteoporosis	Had <input type="radio"/> Have <input type="radio"/> Arthritis	Had <input type="radio"/> Have <input type="radio"/> Scoliosis	Had <input type="radio"/> Have <input type="radio"/> Neck pain	Had <input type="radio"/> Have <input type="radio"/> Back problems	Had <input type="radio"/> Have <input type="radio"/> Hip disorders	NONE <input type="radio"/>
	<input type="radio"/> Knee injuries	<input type="radio"/> Foot/ankle pain	<input type="radio"/> Shoulder problems	<input type="radio"/> Elbow/wrist pain	<input type="radio"/> TMJ issues	<input type="radio"/> Poor posture	Initials _____
<b>b. Neurological</b>	Had <input type="radio"/> Have <input type="radio"/> Anxiety	Had <input type="radio"/> Have <input type="radio"/> Depression	Had <input type="radio"/> Have <input type="radio"/> Headache	Had <input type="radio"/> Have <input type="radio"/> Dizziness	Had <input type="radio"/> Have <input type="radio"/> Pins and needles	Had <input type="radio"/> Have <input type="radio"/> Numbness	NONE <input type="radio"/>
							Initials _____
<b>c. Cardiovascular</b>	Had <input type="radio"/> Have <input type="radio"/> High blood pressure	Had <input type="radio"/> Have <input type="radio"/> Low blood pressure	Had <input type="radio"/> Have <input type="radio"/> High cholesterol	Had <input type="radio"/> Have <input type="radio"/> Poor circulation	Had <input type="radio"/> Have <input type="radio"/> Angina	Had <input type="radio"/> Have <input type="radio"/> Excessive bruising	NONE <input type="radio"/>
							Initials _____
<b>d. Respiratory</b>	Had <input type="radio"/> Have <input type="radio"/> Asthma	Had <input type="radio"/> Have <input type="radio"/> Apnea	Had <input type="radio"/> Have <input type="radio"/> Emphysema	Had <input type="radio"/> Have <input type="radio"/> Hay fever	Had <input type="radio"/> Have <input type="radio"/> Shortness of breath	Had <input type="radio"/> Have <input type="radio"/> Pneumonia	NONE <input type="radio"/>
							Initials _____
<b>e. Digestive</b>	Had <input type="radio"/> Have <input type="radio"/> Anorexia/bulimia	Had <input type="radio"/> Have <input type="radio"/> Ulcer	Had <input type="radio"/> Have <input type="radio"/> Food sensitivities	Had <input type="radio"/> Have <input type="radio"/> Heartburn	Had <input type="radio"/> Have <input type="radio"/> Constipation	Had <input type="radio"/> Have <input type="radio"/> Diarrhea	NONE <input type="radio"/>
							Initials _____
<b>f. Sensory</b>	Had <input type="radio"/> Have <input type="radio"/> Blurred vision	Had <input type="radio"/> Have <input type="radio"/> Ringing in ears	Had <input type="radio"/> Have <input type="radio"/> Hearing loss	Had <input type="radio"/> Have <input type="radio"/> Chronic ear infection	Had <input type="radio"/> Have <input type="radio"/> Loss of smell	Had <input type="radio"/> Have <input type="radio"/> Loss of taste	NONE <input type="radio"/>
							Initials _____
<b>g. Integumentary</b>	Had <input type="radio"/> Have <input type="radio"/> Skin cancer	Had <input type="radio"/> Have <input type="radio"/> Psoriasis	Had <input type="radio"/> Have <input type="radio"/> Eczema	Had <input type="radio"/> Have <input type="radio"/> Acne	Had <input type="radio"/> Have <input type="radio"/> Hair loss	Had <input type="radio"/> Have <input type="radio"/> Rash	NONE <input type="radio"/>
							Initials _____

Consultation Notes

Doctor's Initials \_\_\_\_\_

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(Continued from previous page)

**h. Endocrine**

- Had  Have  Thyroid issues    Had  Have  Immune disorders    Had  Have  Hypoglycemia    Had  Have  Frequent infection    Had  Have  Swollen glands    Had  Have  Low energy    NONE

**i. Genitourinary**

- Had  Have  Kidney stones    Had  Have  Infertility    Had  Have  Bedwetting    Had  Have  Prostate issues    Had  Have  Erectile dysfunction    Had  Have  PMS symptoms    NONE

**j. Constitutional**

- Had  Have  Fainting    Had  Have  Low libido    Had  Have  Poor appetite    Had  Have  Fatigue    Had  Have  Sudden weight change    Had  Have  Weakness    NONE

Patient name \_\_\_\_\_

Initials \_\_\_\_\_

Initials \_\_\_\_\_

Initials \_\_\_\_\_

All other systems negative

**Past Personal, Family and Social History**

Please identify your past health history, including accidents, injuries, illnesses and treatments. Please complete each section fully.

<b>PERSONAL</b>	<b>14. Illnesses</b> Check the illnesses you have <b>Had</b> in the past or <b>Have</b> now.	<b>15. Operations</b> Surgical interventions, which may or may not have included hospitalization.	<b>16. Treatments</b> Check the ones you've received in the <b>Past</b> or are receiving <b>Currently</b> .
	Had <input type="radio"/> Have <input type="radio"/> AIDS	Had <input type="radio"/> Have <input type="radio"/> Tuberculosis	<b>Past</b> <input type="radio"/> <b>Currently</b> <input type="radio"/>
	Had <input type="radio"/> Have <input type="radio"/> Alcoholism	Had <input type="radio"/> Have <input type="radio"/> Typhoid fever	<input type="radio"/> Acupuncture
	Had <input type="radio"/> Have <input type="radio"/> Allergies	Had <input type="radio"/> Have <input type="radio"/> Ulcer	<input type="radio"/> Antibiotics
	Had <input type="radio"/> Have <input type="radio"/> Arteriosclerosis	Had <input type="radio"/> Have <input type="radio"/> Other: _____	<input type="radio"/> Birth control pills
	Had <input type="radio"/> Have <input type="radio"/> Cancer		<input type="radio"/> Blood transfusions
	Had <input type="radio"/> Have <input type="radio"/> Chicken pox		<input type="radio"/> Chemotherapy
	Had <input type="radio"/> Have <input type="radio"/> Diabetes		<input type="radio"/> Chiropractic care
	Had <input type="radio"/> Have <input type="radio"/> Epilepsy		<input type="radio"/> Dialysis
	Had <input type="radio"/> Have <input type="radio"/> Glaucoma		<input type="radio"/> Herbs
	Had <input type="radio"/> Have <input type="radio"/> Goiter		<input type="radio"/> Homeopathy
	Had <input type="radio"/> Have <input type="radio"/> Gout		<input type="radio"/> Hormone replacement
	Had <input type="radio"/> Have <input type="radio"/> Heart disease		<input type="radio"/> Inhaler
	Had <input type="radio"/> Have <input type="radio"/> Hepatitis		<input type="radio"/> Massage therapy
	Had <input type="radio"/> Have <input type="radio"/> Malaria		<input type="radio"/> Physical therapy
	Had <input type="radio"/> Have <input type="radio"/> Measles		<input type="radio"/> Nutritional supplements:
	Had <input type="radio"/> Have <input type="radio"/> Multiple Sclerosis		List: _____
Had <input type="radio"/> Have <input type="radio"/> Mumps			
Had <input type="radio"/> Have <input type="radio"/> Polio			
Had <input type="radio"/> Have <input type="radio"/> Rheumatic fever			
Had <input type="radio"/> Have <input type="radio"/> Scarlet fever		<input type="radio"/> Medications (prescription and over-the-counter):	
Had <input type="radio"/> Have <input type="radio"/> Sexually transmitted disease			
Had <input type="radio"/> Have <input type="radio"/> Stroke			
	<b>17. Injuries</b> Have you ever...		
	<input type="radio"/> Had a fractured or broken bone	<input type="radio"/> Used a crutch or other support	
	<input type="radio"/> Had a spine or nerve disorder	<input type="radio"/> Used neck or back bracing	
	<input type="radio"/> Been knocked unconscious	<input type="radio"/> Received a tattoo	
	<input type="radio"/> Been injured in an accident	<input type="radio"/> Had a body piercing	

Consultation Notes

**18. Family History**

Some health issues are hereditary. Tell Dr. Sands about the health of your immediate family members.

	Relative	Age (If living)	State of health		Illnesses	Age at death	Cause of death	
			Good	Poor			Natural	Illness
	Mother	_____	<input type="radio"/>	<input type="radio"/>	_____	_____	<input type="radio"/>	<input type="radio"/>
	Father	_____	<input type="radio"/>	<input type="radio"/>	_____	_____	<input type="radio"/>	<input type="radio"/>
	Sister 1	_____	<input type="radio"/>	<input type="radio"/>	_____	_____	<input type="radio"/>	<input type="radio"/>
	Sister 2	_____	<input type="radio"/>	<input type="radio"/>	_____	_____	<input type="radio"/>	<input type="radio"/>
	Brother 1	_____	<input type="radio"/>	<input type="radio"/>	_____	_____	<input type="radio"/>	<input type="radio"/>
	Brother 2	_____	<input type="radio"/>	<input type="radio"/>	_____	_____	<input type="radio"/>	<input type="radio"/>

**19. Are there any other hereditary health issues that you know about?** \_\_\_\_\_

**20. Social History**

Tell Dr. Sands about your health habits and stress levels.

<b>SOCIAL</b>	Alcohol use	<input type="radio"/> Daily <input type="radio"/> Weekly	How much? _____	Prayer or meditation?	<input type="radio"/> Yes <input type="radio"/> No
	Coffee use	<input type="radio"/> Daily <input type="radio"/> Weekly	How much? _____	Job pressure/stress?	<input type="radio"/> Yes <input type="radio"/> No
	Tobacco use	<input type="radio"/> Daily <input type="radio"/> Weekly	How much? _____	Financial peace?	<input type="radio"/> Yes <input type="radio"/> No
	Exercising	<input type="radio"/> Daily <input type="radio"/> Weekly	How much? _____	Vaccinated?	<input type="radio"/> Yes <input type="radio"/> No
	Pain relievers	<input type="radio"/> Daily <input type="radio"/> Weekly	How much? _____	Mercury fillings?	<input type="radio"/> Yes <input type="radio"/> No
	Soft drinks	<input type="radio"/> Daily <input type="radio"/> Weekly	How much? _____	Recreational drugs?	<input type="radio"/> Yes <input type="radio"/> No
	Water intake	<input type="radio"/> Daily <input type="radio"/> Weekly	How much? _____		
Hobbies: _____					

Doctor's Initials \_\_\_\_\_

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**21. Activities of Daily Living**

How does this condition currently interfere with your life and ability to function?

	No Effect	Mild Effect	Moderate Effect	Severe Effect
Sitting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rising out of chair	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Standing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lying down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bending over	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Climbing stairs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using a computer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Getting in/out of car	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Driving a car	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Looking over shoulder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Caring for family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	No Effect	Mild Effect	Moderate Effect	Severe Effect
Grocery shopping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Household chores	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lifting objects	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reaching overhead	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Showering or bathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dressing myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Love life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Getting to sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Staying asleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Concentrating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Exercising	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yard work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Patient name \_\_\_\_\_

22. What is the major stressor in your life? \_\_\_\_\_ 23. How much sleep do you average per night? \_\_\_\_\_ Hours

24. What is the type and approximate age of your mattress and pillow? \_\_\_\_\_ 25. What is your preferred sleeping position? \_\_\_\_\_

26. Describe your typical eating habits:  Skip breakfast  Two meals a day  Three meals a day  Snacking between meals

27. What would be the most significant thing that you could do to improve your health? \_\_\_\_\_

28. In addition to the main reason for your visit today, what additional health goals do you have? \_\_\_\_\_

**Acknowledgements**

To set clear expectations, improve communications and help you get the best results in the shortest amount of time, please read each statement and initial your agreement.

Initials \_\_\_\_\_ **I instruct the chiropractor to deliver the care that, in his or her professional judgement, can best help me in the restoration of my health. I also understand that the chiropractic care offered in this practice is based on the best available evidence and designed to reduce or correct vertebral subluxation. Chiropractic is a separate and distinct healing art from medicine and does not proclaim to cure any named disease or entity.**

Initials \_\_\_\_\_ **I may request a copy of the Privacy Policy and understand it describes how my personal health information is protected and released on my behalf for seeking reimbursement from any involved third parties.**

Initials \_\_\_\_\_ **I realize that an X-ray examination may be hazardous to an unborn child and I certify that to the best of my knowledge I am not pregnant. Date of last menstrual period (MM/DD/YYYY): \_\_\_\_\_**

Initials \_\_\_\_\_ **I grant permission to be called to confirm or reschedule an appointment and to be sent occasional cards, letters, emails or health information to me as an extension of my care in this office.**

Initials \_\_\_\_\_ **I acknowledge that any insurance I may have is an agreement between the carrier and me and that I am responsible for the payment of any covered or non-covered services I receive.**

Initials \_\_\_\_\_ **To the best of my ability, the information I have supplied is complete and truthful. I have not misrepresented the presence, severity or cause of my health concern.**

If the patient is a minor child, print child's full name: \_\_\_\_\_

Consultation Notes

Doctor's Initials \_\_\_\_\_

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Justin R Sands, D.C.

Signature \_\_\_\_\_

Date (MM/DD/YYYY) \_\_\_\_\_