

Chiropractic Health Questionnaire

Name: _____ E-mail: _____

Cell #: _____ Home #: _____ Date: _____

Research shows that your spine should be checked regularly.

How many times have you visited a chiropractor in your lifetime? _____

Years/ Months/ Weeks/ Days/ Never Date of your last visit?

Why did you go to a Chiropractor before? _____

When was your last complete spinal examination including x-rays? Date: _____ / Never

Have you ever been told that you have a spinal curvature, spinal arthritis, or inherited spinal problems? Yes / No

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

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 spine? Yes / No

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

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

Spinal Health is important during pregnancy. Is there a chance you are pregnant? Yes/ No

Spinal misalignments decrease the body's immune response. Do you have allergies? Yes / No

Do you get colds and flu symptoms often? Yes / No

Would you like to get rid of these problems? Yes / No Patient Signature: _____

