

Stress Survey

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

Research shows that your spine should be checked regularly.

Check any of the following you have experienced in the past 6 months

___ Neck Pain / Stiff neck

___ Digestive Problems

___ Tension/ Migraine Headaches

___ Constipation

___ Nervousness

___ Bed wetting

___ Dizziness

___ High blood pressure

___ Sinus trouble / Allergies

___ Weight trouble

___ Ringing in the ears

___ Menstrual problems

___ Jaw Pain

___ Low Back Pain / Stiffness in back

___ Difficulty Sleeping

___ Numbness / Tingling in legs or feet

___ Tired/ Fatigued

___ Spinal curve

___ Tension across top of shoulders

___ Popping cracking noises in spine

___ Pain Between Shoulder Blades

___ Poor posture

___ Shoulder problems

___ ADHD

___ Numbness / Tingling in arms or Hands

___ Dyslexia

Would you like to get rid of these problems? Yes / No

Name: _____ E-mail: _____

Cell #: _____ Home #: _____ Date: _____

Best time to reach you: ___ Morning ___ Afternoon ___ Evening