



The Wellness Way

We don't guess...we test!

Cowan Chiropractic Clinic
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PLEASE NOTE:

This file must be saved to your desktop before and after completing!

PATIENT INFORMATION

Date _____ First Name _____ Middle Name _____ Last Name _____
SSN _____ Sex _____ Birth Date _____ Height _____ Weight _____
Marital Status _____ Spouse Name _____ Number of Children _____
Address _____ City _____ State _____ Zip _____
Home Phone _____ Cell Phone _____
Email _____ Emergency Contact _____
Emergency Relation _____ Emergency Phone _____

REFERRAL INFORMATION

I was referred by _____
How did you hear about the clinic?
 Advertisement Newspaper Community Event Provider Talk Family/Friend Other _____

EMPLOYER INFORMATION

Employed? Yes No Employer Name _____
Occupation _____

REASON FOR VISIT

Describe in your own words why you wanted to come for an appointment today:

Is this visit for a wellness evaluation or do you already have specific area of complaints? _____

Is this evolution for you only or for your whole family? _____

PERSONAL HEALTH INFORMATION

Complaints/Concerns

Please list your chief symptoms in order of decreasing severity, starting with the worst one. Please note how long each symptom has been present.

Problem	Onset	Frequency	Severity
<i>E.g. Headaches</i>	<i>June 2007</i>	<i>4 times per week</i>	<i>Mild / Moderate / Severe</i>
1.			
2.			
3.			
4.			
5.			
6.			
7.			

When was the last time you felt well? _____

Did something trigger your health changes?

Sleep

Average number of hours you sleep? _____ Do you have trouble falling asleep? Yes No

Do you feel rested upon awakening? Yes No Do you have problems with insomnia? Yes No

Do you snore? Yes No Do you use sleeping aids? Yes No Explain: _____

Injuries

Describe your injury and pain:

Pain level on scale of 1 - 10 (10 is excruciating pain) At its best? _____ At its worst? _____ Now? _____

Type of injury _____

How did it occur? Work Automobile Fall Other _____

Injury Date _____ Have you missed work related to this injury? Yes No

Unable to work from (dates) _____ to _____

Received other treatment for this? Yes No Where or by whom? _____

X-rays taken? Yes No Do you currently receive chiropractic care? Yes No

What clinic or chiropractor provides that care? _____

Please check the character of your current pain (you may check more than one):

Sharp Stabbing Dull Aching Soreness Stiffness Weakness
 Throbbing Numbness Shooting Burning Tingling

Please rate the degree of you pain between 0-10, 0 being no pain and 10 being unbearable: _____

How often are your symptoms present?

Constant Frequent Occasional Intermittent

Since your problem began, is the pain? Increasing Decreasing No Change

What activities make symptoms BETTER? Sitting Standing Laying Down

Movement/Exercise Sleep/Rest Other(describe) _____

What activities make symptoms WORSE? Sitting Standing Coughing/Sneezing

Movement/Exercise Sleep/Rest Other(describe) _____

Is this effecting or interfering with: Sitting Family Life Hobbies Sports Leisure

If so, HOW? _____

What are you health goals?

- Immediate _____
- Short Term _____
- Long Term _____

How committed are you to correcting the issue? (Please circle) 0 1 2 3 4 5 6 7 8 9 10

Tobacco/Alcohol

Currently using tobacco? Yes No How many years? _____ Packs per day _____

If yes, what type? Cigarette Smokeless Cigar Pipe Patch/Gum

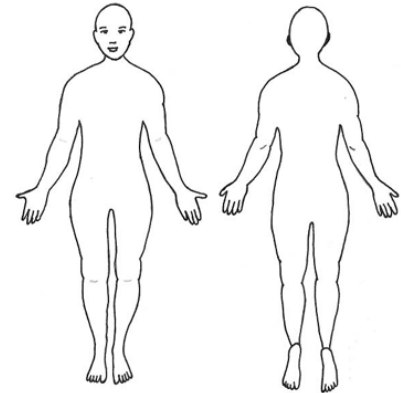
Previous smoking? How many years? _____ Packs per day _____ Are you exposed to 2nd hand smoke? Yes No

If yes, explain: _____

How many drinks currently per week? (1 drink=5 oz. wine, 12 oz. beer, and/or 1.5 oz. spirits)

None 1 to 3 4 to 6 7 to 10 More than 10

Previous alcohol intake? Yes No If yes, was it: Mild Moderate High



Allergies

I am allergic to the following medications:

--

I am allergic to the following foods or supplements:

--

Please list your symptoms/reactions to the above medications and/or foods:

--

Medications and Supplements

Medications: Please list any medications that you are currently taking or have taken in the last month, including antibiotics, non-prescription drugs, and prescription drugs.

Medication Name	Dosage

Supplements: List all vitamins, minerals, and other nutritional supplements that you are currently taking.

Supplement Name	Dosage

Health History

Have you ever had any of the following:

Illnesses	Yes	No
Chicken Pox		
Measles		
Mumps		
Anemia		
Arthritis		
Asthma		
Bronchitis		
Cancer		
Chronic Fatigue Syndrome		
Crohn's Disease or Ulcerative Colitis		
Diabetes		
Emphysema		
Epilepsy, convulsions		
Gallstones		
Gout		
Heart attack/Angina		
Heart failure		
Hepatitis		
High Blood Pressure		
Irritable bowel		
Kidney stones		
Mononucleosis		
Pneumonia		
Rheumatic fever		
Sinusitis		
Sleep Apnea		
Stroke		
Thyroid disease		
Other (describe)		
Injuries	Yes	No
Head Injury		
Neck Injury		
Back Injury		
Fracture		
Other (describe)		

Diagnostic Studies	Yes	No	Date Performed
Chest X-ray			
Mammogram			
EKG			
Colonoscopy			
Upper GI Series			
Barium Enema			
CAT scan of abdomen			
CAT scan of brain			
CAT scan of spine			
Liver scan			
Bone scan			
Neck X-rays			
Back X-rays			
MRI			
Bone Density Test			
Blood Tests			
Other (describe)			
Operations	Yes	No	
Tonsillectomy			
Tubes in Ears			
Appendectomy			
Gall Bladder			
Hernia			
Hysterectomy			
Dental Surgery			
Other (describe)			
Hospitalizations			
When	For What Reason		

Women Specific

Check the box if yes and provide number.

- Pregnancies _____ Miscarriage _____ Living Children _____ Termination _____ Cesarean _____
- Vaginal Delivery _____ Postpartum Depression _____ Toxemia _____ Baby Over 8 Pounds _____
- Gestational Diabetes _____

Menstrual History

Age At 1st Period _____ Menses Frequency _____ Length _____

Painful? Yes No Clotting? Yes No Have you ever missed your period? Yes No

For how long? _____ Are you menopausal? Yes No Age At Menopause _____

Last Menstrual Period _____

Do you take any hormone contraception? Birth Control Pill Patch Nuva Ring

I certify that I'm the patient or legal guardian listed above. I have read/understand the included information and certify it to be true and accurate to the best of my knowledge. I consent to the collection and use of the above information to Cowan Chiropractic Clinic/The Wellness Way Clarkston. I authorize Cowan Chiropractic Clinic/The Wellness Way Clarkston and its staff to examine and treat my condition as the practitioners see fit. I hereby authorize Cowan Chiropractic Clinic/The Wellness Way Clarkston to release all information necessary to any attorney or adjuster for the purpose of claim reimbursement of charges incurred by me. I understand and agree that all services rendered to me will be charged to me, and I'm responsible for timely payment of such services. I understand that there is a **72 business hour cancellation policy** for new patient and consultation appointments. Failure to comply with the cancellation policy may result in additional charges. A \$25 fee will be applied to all NSF checks. By clicking the submit button below, I agree to the financial policy described above and will adhere to all of its practices.

Please email this completed form to clarkston@twwclinics.com.

By typing or signing your name below on the signature line, you are agreeing to all of the paragraph above.

Signature

Date

Thank you!