

**PATIENT INFORMATION (OFFICE USE)** Ins Code \_\_\_\_\_ Patient ID \_\_\_\_\_ DR. \_\_\_\_\_

Please give your Driver's license and insurance card to the front desk so they can make a copy for your records.

Patient Name: Last \_\_\_\_\_ First \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone (\_\_\_\_) \_\_\_\_-\_\_\_\_ Driver's License # \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_  
Sex: \_\_\_M\_\_\_F Patient Soc. Sec. # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Marital Status S M D W Children # \_\_\_\_  
Spouse's Name \_\_\_\_\_ Person responsible for payment \_\_\_\_\_  
Patient employed by \_\_\_\_\_ Occupation \_\_\_\_\_  
Work phone (\_\_\_\_) \_\_\_\_-\_\_\_\_ Referred by \_\_\_\_\_ E-mail \_\_\_\_\_  
Have you ever been to Chiropractor before yes no Have you ever had similar complaint? yes no  
Condition related to: Employment Auto accident personal injury

**CURRENT COMPLAINTS**

**Complaint 1** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**How severe is the problem?**

Mild  
 Mild to moderate  
 Moderate  
 Moderately severe  
 Severe

**How frequently does it occur?**

Constant  
 Frequent  
 Intermittent  
 Occasional

**When was the onset?**

A day ago  
 Several days ago  
 About a week ago  
 Several weeks ago  
 About a month ago  
 Several months ago  
 About a year ago  
 several years ago

**Movement:**

Cramps  
 Spasm  
 Stiffness  
 Restricted movement  
 Inflexibility

**What makes it feel better?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What makes it feel worse?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**If you are being re-evaluated, what percent improvement have you had?**  
\_\_\_\_\_ %

**Complaint 2** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**How severe is the problem?**

Mild  
 Mild to moderate  
 Moderate  
 Moderately severe  
 Severe

**How frequently does it occur?**

Constant  
 Frequent  
 Intermittent  
 Occasional

**When was the onset?**

A day ago  
 Several days ago  
 About a week ago  
 Several weeks ago  
 About a month ago  
 Several months ago  
 About a year ago  
 several years ago

**Movement:**

Cramps  
 Spasm  
 Stiffness  
 Restricted movement  
 Inflexibility

**What makes it feel better?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What makes it feel worse?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**If you are being re-evaluated, what percent improvement have you had?**  
\_\_\_\_\_ %

**Complaint 3** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**How severe is the problem?**

Mild  
 Mild to moderate  
 Moderate  
 Moderately severe  
 Severe

**How frequently does it occur?**

Constant  
 Frequent  
 Intermittent  
 Occasional

**When was the onset?**

A day ago  
 Several days ago  
 About a week ago  
 Several weeks ago  
 About a month ago  
 Several months ago  
 About a year ago  
 several years ago

**Movement:**

Cramps  
 Spasm  
 Stiffness  
 Restricted movement  
 Inflexibility

**What makes it feel better?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What makes it feel worse?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**If you are being re-evaluated, what percent improvement have you had?**  
\_\_\_\_\_ %

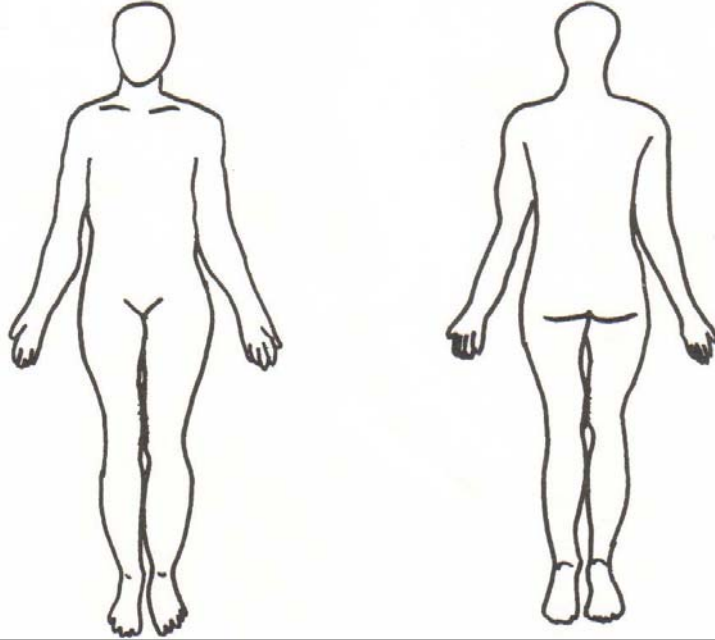
# PATIENT PAIN PROFILE

## PAIN DRAWING:

**INSTRUCTIONS:** *Mark the area on your body where you feel the described sensations:*

- *Use the appropriate symbol*
- *Mark the areas of spread*
- *Include all affected areas*

<b>KEY:</b>	
Numbness / Tingling	=====
Pins & Needles	oooooooo
Burning pain	xxxxxxxx
Dull / achy pain	.....
Sharp / Stabbing pain	////////////////



## VISUAL PAIN SCALE

**INSTRUCTIONS:** *Please circle the number that best describes the question being asked. If you have more than one complaint, please answer each question for each individual complaint and indicate a score for each complaint. Please indicate your pain level right now, and average pain.*

**Example:**

	<i>Headache</i>	<i>Neck</i>	<i>Low back</i>							
No Pain				Worst pain						
0	1	2	3	4	5	6	7	8	9	10

**What is your pain RIGHT NOW?**

No Pain											Worst pain
0	1	2	3	4	5	6	7	8	9	10	

**What is your TYPICAL or AVERAGE pain?**

No Pain											Worst pain
0	1	2	3	4	5	6	7	8	9	10	

INITIAL \_\_\_\_\_ DATE \_\_\_\_\_

# Health History

Please indicate whether the following applies to the "T" Individual, "F" Family Member, or "B" Both.

<input type="checkbox"/> Abdominal Pain	<input type="checkbox"/> Dislocated Joints	<input type="checkbox"/> High Blood Pressure	<input type="checkbox"/> Multiple Sclerosis
<input type="checkbox"/> Allergies	<input type="checkbox"/> Dizziness	<input type="checkbox"/> Hip Pain	<input type="checkbox"/> Neck Pain
<input type="checkbox"/> Angina	<input type="checkbox"/> Duodenum Ulcer	<input type="checkbox"/> HIV/AIDS	<input type="checkbox"/> Osteoporosis
<input type="checkbox"/> Anorexia	<input type="checkbox"/> Emphysema	<input type="checkbox"/> Hypertension	<input type="checkbox"/> Painful Urination
<input type="checkbox"/> Aortic Aneurysm	<input type="checkbox"/> Epilepsy	<input type="checkbox"/> Hyperthyroidism	<input type="checkbox"/> PMS
<input type="checkbox"/> Arthritis	<input type="checkbox"/> Esophageal Cancer	<input type="checkbox"/> Hypothyroidism	<input type="checkbox"/> Polio
<input type="checkbox"/> Asthma	<input type="checkbox"/> Fainting	<input type="checkbox"/> Irregular Bowel Habits	<input type="checkbox"/> Profuse Menstrual
<input type="checkbox"/> Blood Disorder	<input type="checkbox"/> Fibromyalgia	<input type="checkbox"/> Irregular Menstrual	<input type="checkbox"/> Prostate Cancer
<input type="checkbox"/> Bone Cancer	<input type="checkbox"/> Gouty Arthritis	<input type="checkbox"/> Kidney Disease	<input type="checkbox"/> Prostate Problems
<input type="checkbox"/> Brain Cancer	<input type="checkbox"/> Hay Fever	<input type="checkbox"/> Kidney Stones	<input type="checkbox"/> Rapid Heart Rate
<input type="checkbox"/> Breast Soreness	<input type="checkbox"/> Headaches	<input type="checkbox"/> Knee Pain	<input type="checkbox"/> Rectum Cancer
<input type="checkbox"/> Breast Cancer	<input type="checkbox"/> Heart Attacks	<input type="checkbox"/> Leg Pain	<input type="checkbox"/> Scoliosis
<input type="checkbox"/> Bulemia	<input type="checkbox"/> Heart Disease	<input type="checkbox"/> Liver Disease	<input type="checkbox"/> Shoulder Pain
<input type="checkbox"/> Chest Pain	<input type="checkbox"/> Hepatitis A	<input type="checkbox"/> Low Blood Pressure	<input type="checkbox"/> Sinus Trouble
<input type="checkbox"/> Colon Cancer	<input type="checkbox"/> Hepatitis B	<input type="checkbox"/> Lower Back Pain	<input type="checkbox"/> Spinal Disc Disorder
<input type="checkbox"/> Convulsions	<input type="checkbox"/> Hepatitis C	<input type="checkbox"/> Lung Cancer	<input type="checkbox"/> Stomach Cancer
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Hernias	<input type="checkbox"/> Migrane	<input type="checkbox"/> Stroke

**Other History** \_\_\_\_\_

**Patient Exercises:**  Moderately  Occasionally  Rarely  Regularly  Never

**Patient Smokes:**  2+ Packs per day  2 Packs per day  1 Pack per day  ½ Pack per day or less  
 Never  Quit (how long ago) \_\_\_\_\_

**Patient uses alcohol:**  Excessively  Moderately  Occasionally  Rarely  Never  Quit

**Medication the patient is currently taking:**  Analgesics  Anti-inflammatory  Asthma  Birth Control  
 Hypertension  Muscle Relaxants  Psychotropic  Tranquilizers  Vitamin Supplements  
 Other \_\_\_\_\_  Other \_\_\_\_\_  Other \_\_\_\_\_  Other \_\_\_\_\_

**Allergies:**  Animal Dander  Dairy Products  Dust  Latex  Penicillin  Perfumes  Pollen  
 Seasonal  Second Hand Smoke  Sulfa Drugs  No Known Allergies  
 Other \_\_\_\_\_  Other \_\_\_\_\_  Other \_\_\_\_\_

**Please list any pervious injuries and/or accidents with date** \_\_\_\_\_

**Past Surgical History** (Indicate date, location, surgeon's name, type of surgery, and complications)  
 \_\_\_\_\_  
 \_\_\_\_\_

**Past Hospitalizations** (Indicate date, reason for hospitalization, and Complications) \_\_\_\_\_  
 \_\_\_\_\_

**History of Pregnancy** \_\_\_\_\_

**Treatment and Diagnostic Testing**

<input type="checkbox"/> Plain X-Rays	Date _____	Location _____	Results _____
<input type="checkbox"/> CT Scan	Date _____	Location _____	Results _____
<input type="checkbox"/> MRI	Date _____	Location _____	Results _____
<input type="checkbox"/> EMG	Date _____	Location _____	Results _____
<input type="checkbox"/> Bone Scan	Date _____	Location _____	Results _____

Nerve Block Injection     Trigger Point Injection     EMG Needle Exam  
 Botox Injection     Epidural Injection     IV  
 Other \_\_\_\_\_  
 Other \_\_\_\_\_  
 Other \_\_\_\_\_

INITIAL

DATE

# Neck Pain and Disability Index

## Please Read Instructions:

This questionnaire has been designed to give the doctor information as to how your neck pain has affected your ability to manage in everyday life. In each section, please fill in ONE box only which most closely describes your problem.

### Section 1 Pain Intensity

- A. I have no pain at the moment.
- B. The pain is very mild at the moment.
- C. The pain is moderate at the moment.
- D. The pain is fairly severe at the moment.
- E. The pain is very severe at the moment.
- F. The pain is the worst imaginable at the moment.

### Section 6 Concentration

- A. I can concentrate fully when I want with no difficulty.
- B. I can concentrate fully when I want with slight difficulty.
- C. I have a fair degree of difficulty in concentrating when I want.
- D. I have a lot of difficulty in concentrating when I want.
- E. I have a great degree of difficulty in concentrating when I want.
- F. I cannot concentrate at all.

### Section 2 Personal Care

- A. I can look after myself normally without causing extra pain.
- B. I can look after myself normally but it causes extra pain.
- C. It is painful to look after myself and I am slow and careful.
- D. I need some help but manage most of my personal care.
- E. I need help every day in most aspects of self care.
- F. I do not get dressed, I wash with difficulty and stay in bed.

### Section 7 Work

- A. I can do as much work as I want.
- B. I can only do my usual work, but no more.
- C. I can do most of my usual work, but no more.
- D. I can hardly do any work at all.
- E. I cannot do my usual work.
- F. I can't do any work at all.

### Section 3 Lifting

- A. I can lift heavy weight without extra pain.
- B. I can lift heavy weight but it gives extra pain.
- C. Pain prevents me from lifting heavy weights off the floor, but I can manage it they are conveniently positioned.
- D. Pain prevents me from lifting heavy weights, but I can manage light-medium weights if they are conveniently positioned.
- E. I can lift very light weights.
- F. I cannot lift or carry anything at all.

### Section 8 Driving

- A. I can drive my car without any neck pain.
- B. I can drive my car as long as I want with slight pain in my neck.
- C. I can drive my car as long as I want with moderate pain.
- D. I can't drive my car as long as I want because of moderate pain.
- E. I can hardly drive at all because of severe pain in my neck.
- F. I can't drive my car at all.

### Section 4 Reading

- A. I can read as much as I want with no pain in my neck
- B. I can read as much as I want with slight pain in my neck.
- C. I can read as much as I want with moderate pain in my neck.
- D. I can't read as much because of moderate pain in my neck.
- E. I can hardly read at all because of severe pain in my neck.
- F. I cannot read at all.

### Section 9 Sleeping

- A. I have no trouble sleeping.
- B. My sleep is slightly disturbed (less than 1hr. sleepless).
- C. My sleep is medley disturbed (1-2 hrs. sleepless).
- D. My sleep is moderately disturbed (2-3 hrs. sleepless).
- E. My sleep is greatly disturbed (3-5 hrs. sleepless).
- F. My sleep is completely disturbed (5-7 hrs. sleepless).

### Section 5 Headaches

- A. I have no headaches at all.
- B. I have slight headaches which come infrequently.
- C. I have moderate headaches which come infrequently.
- D. I have moderate headaches which come frequently.
- E. I have severe headaches which come frequently.
- F. I have headaches almost all of the time.

### Section 10 Recreation

- A. I am able to engage in all recreational activities with no neck pain.
- B. I am able to engage in all my recreational activities, with some pain in my neck.
- C. I am able to engage in most, but not all of my usual recreational activities because of my neck pain.
- D. I am able to engage in a few of my usual recreational activities because of my neck pain.
- E. I can hardly do any recreational activities because of pain.
- F. I can't do any recreational activities at all.

Office Use Only

Score: \_\_\_\_\_

INITIAL \_\_\_\_\_ DATE \_\_\_\_\_

# Low Back Pain Oswestry and Disability Index

## Please Read Instructions:

This questionnaire has been designed to give the doctor information as to how your low back pain has affected your ability to manage in everyday life. In each section, please fill in ONE box only which most closely describes your problem.

### Section 1 Pain Intensity

- A. The pain comes and goes and is very mild.
- B. The pain is mild and does not vary much.
- C. The pain comes and goes and is moderate.
- D. The pain is moderate and does not vary much.
- E. The pain comes and goes and is very severe.
- F. The pain is very severe and doesn't vary much.

### Section 6 Standing

- A. I can stand as long as I want without pain.
- B. I have some pain on standing but it does not increase with time.
- C. I cannot stand for longer than one hour without increasing pain.
- D. I cannot stand for longer than a ½ hour without increasing pain.
- E. I can't stand for longer than 10 minutes without increasing pain.
- F. I avoid standing because it increases the pain straight away.

### Section 2 Personal Care

- A. I can look after myself normally without causing extra pain.
- B. I can look after myself normally but it causes extra pain.
- C. It is painful to look after myself and I am slow and careful.
- D. I need some help but manage most of my personal care.
- E. I need help every day in most aspects of self care.
- F. I do not get dressed, I wash with difficulty and stay in bed.

### Section 7 Sleeping

- A. I get no pain in bed.
- B. I get pain in bed but it doesn't prevent me from sleeping well.
- C. Because of pain my normal night's sleep is reduced by < 1/4.
- D. Because of pain my normal night's sleep is reduced by < 1/2.
- E. Because of pain my normal night's sleep is reduced by < 3/4.
- F. Pain prevents me from sleeping at all.

### Section 3 Lifting

- A. I can lift heavy weight without extra pain.
- B. I can lift heavy weight but it gives extra pain.
- C. Pain prevents me from lifting heavy weights off the floor.
- D. Pain prevents me from lifting heavy weights, but I can manage if they are conveniently positioned.
- E. Pain prevents me from lifting heavy weights, but I can manage light-medium weights if they are conveniently positioned.
- F. I can only lift very light weights at the most.

### Section 8 Traveling

- A. I get no pain while traveling.
- B. I get some pain while traveling but none of my usual forms of travel make it any worse.
- C. I get extra pain while traveling but it does not compel me to seek alternative forms of travel.
- D. I get extra pain while traveling which compels me to seek alternative forms of travel.
- E. Pain restricts all forms of travel.
- F. Pain prevents all forms of travel except that done lying down.

### Section 4 Walking

- A. I have no pain while walking.
- B. I cannot walk more than one mile without increasing pain.
- C. I cannot walk more than ½ mile without increasing pain.
- D. I cannot walk more than ¼ mile without increasing pain.
- E. I can walk with crutches.
- F. I cannot walk at all without increasing pain.

### Section 9 Social life

- A. My social life is normal and gives me no pain.
- B. My social life is normal but increases the degree of pain.
- C. Pain limits my more energetic interests, e.g. dancing, ect.
- D. Pain has restricted my social life and I do not go out very often.
- E. Pain has restricted my social life to my home.
- F. I have hardly any social life because of the pain.

### Section 5 Sitting

- A. I can sit in any chair as long as I like.
- B. I can only sit in my favorite chair as long as I like.
- C. Pain prevents me from sitting more than one hour.
- D. Pain prevents me from sitting more than a half hour.
- E. Pain prevents me from sitting more than 10 minutes.
- F. I avoid sitting because it increases pain straight away.

### Section 10 Changing Degree of Pain

- A. My pain is rapidly getting better.
- B. My pain fluctuates but overall is definitely getting better.
- C. My pain seems to be getting better but improvement is slow.
- D. My pain is neither getting better nor worse.
- E. My pain is gradually worsening.
- F. My pain is rapidly worsening.

Office Use Only

Score: \_\_\_\_\_

INITIAL \_\_\_\_\_ DATE \_\_\_\_\_

## HIPAA Acknowledgement and Consent

I, the undersigned, acknowledge that I have had access to a copy of the **NOTICE OF PRIVACY PRACTICES**. I consent to your disclosure, which you deem necessary in connection with my or my child's condition. This information will only be distributed to your third party payer for purposes of reimbursement for services provided, and only upon direct request of your third party payer.

Patient signature \_\_\_\_\_ Date \_\_\_\_\_

### ***AUTHORIZATION AND ASSIGNMENT***

*Please initial next to each line that applies to you. Thank you.*

- **AUTHORIZATION TO RELEASE INFORMATION**(*if applicable*): You are authorized to release any information you deem appropriate concerning my physical condition to any insurance company, attorney, or adjuster, in order to process any claim for reimbursement of charges incurred by me as a result of professional services rendered by you of any consequence thereof.
- **ASSIGNMENT OF PAYMENT** (*if applicable*): My attorney and/or insurance company are hereby requested to pay direct to the doctor listed below, any moneys due him/her on account, the same to be deducted from any settlement made on my behalf. Further, I agree to pay the difference if any, between the total amounts of his/her charges and the amount paid him/her by the attorney and/or insurance company. It is further understood that I, the undersigned, agree to pay the full amount of his/her charges, should my condition be such that it is not covered by my policy or if for any reason the insurance company and/or attorney refuses to pay my claim. Accepting assignment does not release the patient from the responsibility for their yearly deductible or for their co-payment on services provided by the clinic. If you receive payment from your insurance carrier during the period which the clinic has accepted assignment of benefits, you are to bring the check into this office within one week of receipt and endorse it over to the clinic. Failure to do so will result in collection action.
- **MEDICARE ASSIGNMENT** (*if applicable*): I authorize any holder of medical or other information about me to release to the Social Security Administration and Health Care Financing Administration to its intermediaries or carriers any information needed for this or a related Medicare claim. I permit a copy of this authorization to be used in place of the original and request payment of medical insurance benefits either to myself or to the party who accepts assignment below.
- **ACKNOWLEDGMENT AND UNDERSTANDING**: I hereby acknowledge;
  - A. That there is no insurance company obligated to pay for the services, or if the insurance company involved refuses to acknowledge an assignment to the doctor, or make other provisions for the protection of the interest of the doctor; or
  - B. If a liability claim exists and my attorney refuses to agree to protect the interest of the doctor, or if I have not engaged the services of an attorney; then payment of services rendered by Total Health Systems PC, will be made on a current basis and my bill paid in full as soon as my liability claim is settled or the passage of three months from my last statement, whichever comes first.

Patient signature \_\_\_\_\_ Date \_\_\_\_\_

### **Consent to Treat**

#### **THIS CONSTITUTES INFORMED CONSENT FOR MEDICAL, PHYSICAL THERAPY, AND/OR CHIROPRACTIC CARE.**

I hereby request and consent to the performance of specific testing and procedures on me (or the patient named below for which I am legally responsible) as deemed necessary by the providing physicians at Total Health Systems, P.C. I understand, and am informed that, while extremely rare, there are some risks to treatment including, but not limited to: fractures, disc injuries, strokes, dislocations, sprains, and strains. I wish to rely on the doctor and treating provider to exercise judgment during the course of the procedure, based on the facts then known is in my best interest. I have read, or have had read to me, the above consent. I have the opportunity to discuss the nature and purpose of the chiropractic adjustments and other procedures with the doctor and/or office personnel. I agree to these procedures and intend this consent form to cover the entire course of treatment and for any future condition(s) for which I seek treatment.

Patient signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Legal guardian name(please print) \_\_\_\_\_

Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

# TOTAL HEALTH SYSTEMS

## Multi-Specialty Clinic

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www.TotalHealthSystems.com

### Health and Medical Information Release Form

I, \_\_\_\_\_, give permission to Total Health Systems, PC, its staff, associates, and its employees, to share private and medical information with my medical doctor, \_\_\_\_\_, as well as his or her staff, employees, and associates. Also, my medical doctor, as well as his or her staff, employees, and associates have permission to share personal and medical information with Total Health Systems, PC. *The sole purpose for this is to provide more efficient and comprehensive care to our patients.*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Medical Doctor Info

Name of Doctor: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_