WELCOME TO GARDEN STATE FAMILY CHIROPRACTIC

Thank you for choosing our office. Our goals are first to address the issues that brought you to this office, and second, to maximize your overall health potential by correcting Vertebral Subluxations in your spine, allowing your body to function at its best.

PATIENT INFORMATION

Print Full Name:_____ Name you go by:_____ Today's Date: _____
Street Address:_____ City:_____ State:_____ Zip:_____
Age: ____ Date of Birth: _____ Social Security #:_____ E-mail: _____

Height: _____ Weight: _____ Please Check (□): Married□ Single□ Other□ # of children:_____ ages: _____
Employer:_____ Occupation:_____
Street Address:_____ City:_____ State:_____ Zip:_____

Where did you hear about our office or who referred you? _____

PHONE NUMBERS

Home: _____ Work:_____ ext._____ Cell: _____

Preferred phone number: Home / Work / Cell Best number to contact you/leave a message: _____
In case of emergency, notify: _____ Relationship: _____ Phone: _____

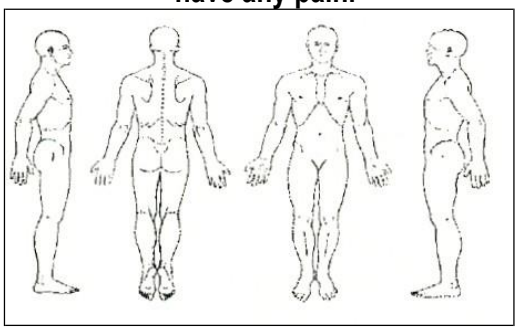
CHIEF COMPLAINT

If you are here for wellness services, please check □ ; otherwise please briefly describe the reason for seeking chiropractic care: _____

Is this due to an accident or injury? Yes□ No□ Date: _____ Type of accident: Auto□ Home□ Other□_____

Is your condition getting worse? Yes□ No□ Does it interfere with your: Work□ Sleep□ Daily routine□ Exercise□
On a pain scale of 10 being worst pain possible/required bedrest and 1 being mild pain, what number would you rate your pain right now?_____ When it first happened? _____
How long have you had the above complaint(s)? _____

Place an "X" on the diagram where you have any pain.



How often do you have the above complaint(s)?_____
What makes it worse? _____
What makes it better?_____

Check all that apply:
constant□ comes & goes□ stays in one area□ moves around□
sharp□ dull/ache□ throbbing□ stabbing□
numbness/tingling□ burning□ other□_____
worse in the morning□ worse in the evening□
worse after a specific activity□ what one?_____
Are you under the care of any other doctor for this problem? Yes□ No□
Name of Doctor: _____

What made you to decide to visit a chiropractor? (recent aggravation, tired of the pain, someone convinced me, wanted to try something different, it has helped in the past, want wellness care, etc.):_____

PREGNANT PATIENTS ONLY

Estimated Due Date:_____ How many weeks gestation: _____
Where are you planning to give birth: _____ Name of your birth provider/practice: _____
Name of Doula: _____ Have you taken a birth class? Y N If Yes, which class(es):_____
Have you experienced any complications with the pregnancy? Y N If Yes, please explain: _____
_____
# of Previous Pregnancies: _____ Any complications with previous pregnancies: _____
How was/were your previous births? Any complications? _____

The vast majority of our patients have experienced dozens of falls and repetitive motions over the course of their lifetime. Please tell us about your lifestyle now and in the past:

Medications you now take: Advil / Ibuprofen□ High Blood Pressure□ Painkillers□ Muscle Relaxers□ Allergy□
Anti-Depressants□ Cold Medications□ Hormone Replacement□ Others: □ (specify)_____
Please list any past surgeries/hospitalizations and dates: _____
Were you sick frequently as a child?_____Do you get sick often now? _____
Exercise: None□ 1-2x week□ 3-4x week□ 5-7x week□ Are you a member of a health club or gym? Yes□ No□
What nutritional supplements do you take?_____
Do you smoke? Yes□ No□ If yes, how long? _____ Do you sleep on your stomach? Yes□ No□ Sometimes□
How many car accidents or minor fender benders have you been in? 5+□ 3-4□ 1-2□ None □
Which of the following have you **ever** been involved in? Football□ Basketball□ Soccer□ Running□ Military□
Gymnastics/Cheerleading□ Martial Arts□ Horseback riding□ Other: _____
Have you **ever**: Fallen down (stairs, tree, bike, monkey-bars, roof, etc) □ Slipped/Fell on the ground (or ice) Yes□ No□
Had a sports injury □ Had a stress or strain while working □ Broken a bone □ Which one(s)? _____
Do you … Sit more than 4 hours per day□ Drive more than 2 hours per day□ Perform repetitive tasks (typing/lifting) □

WORK & FAMILY HISTORY

Your Occupation:_____Work Duties: _____
Spouse's health status:_____Children's health status: _____
Past or present health problems of parents & siblings: _____

CHIROPRACTIC HISTORY

When did you last see a Chiropractor?_____Reason for care: _____
What spinal maintenance programs were you given to maximize the future stability of your spine? _____
Did you follow it: Yes□ No□ If not, why? _____
Are other family members under chiropractic care? Yes□ No□ Who? _____

WELLNESS COMMITTMENT

To better understand your individual health objectives, please check all that are closest to your personal health goal(s):
Symptom Relief/Temporary Relief□ Restore Health□ Maximum Correction□ Wellness & Prevention□ Improved Performance□

Please check any health issues you are currently experiencing or have had in the past:

Condition or Symptom	Constantly or Frequently	Sometimes or Occasionally
Headaches / Migraines	□	□
Dizziness	□	□
Fainting / Seizures	□	□
Insomnia	□	□
Earaches /Hearing problem	□	□
Neck Pain	□	□
Shoulder/Arm/Hand Pain	□	□
Numbness/Tingling in arms	□	□
Frequent Colds	□	□
Asthma/Difficulty Breathing	□	□
Allergies / Sinus problems	□	□
Upper Back Pain	□	□
Mid Back Pain	□	□
Digestive Problems	□	□
Hip Pain	□	□
Leg/Foot Pain	□	□
Numbness/Tingling in legs	□	□
Low Back Pain /	□	□

Condition or Symptom	Constantly or Frequently	Sometimes or Occasionally
Arthritis / Joint Pain	□	□
Female / Male Problems	□	□
Cancer (past or current)	□	□
Diabetes	□	□
Osteoporosis	□	□
Other _____	□	□

I do hereby authorize Garden State Family Chiropractic to administer such care that is necessary for my particular case. I further agree to pay for services rendered as the charge is incurred. I understand and agree that health and accident insurance policies are an arrangement between an insurance carrier and myself, and that I am personally responsible for payment of any and all services non-covered. I also understand that if I suspend or terminate my care and treatment, any fees for professional services rendered me will be immediately due and payable.

Patient's signature Date