

***We Listen... We Care...
We Get Results!***

Peak Performance Chiropractic
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Personal Information

Your Health Profile

Name:		Patient #:	Age:	Date:
Address:				
City / State / Zip:				
Home Phone:		Work Phone:	Cell Phone:	
E-Mail Address:			Male	Female
Birth Date:		Best Time & No. To Contact:		
Occupation:		Employers Name:		
Single:	Married:	Divorced:	Widowed:	Employer Address:
Number of Children:		Names, Ages and Gender:		
Who may we thank for referring you to our office?				

Your Health Profile

Why This Form Is Important

As a Wellness Center, we focus on your ability to be healthy. Our goals are to first address the issues that brought you to this office and second, to offer you the opportunity of improved health, wellness and quality of life in the future. On a daily basis we all experience physical, biochemical and psychological/emotional stresses that can accumulate and result in serious loss of health potential. Most times the effects are gradual and may not even be felt until they become serious. Answering the following questions will give us a profile of the specific stresses past and present that you face and allow us to better assess the challenges to your health potential.

Addressing what brought you to this office.

If you have no symptoms or complaints and are here for Chiropractic Wellness Services, please skip to the "General History." (next page)

Others, please briefly describe your chief concern, including the effect it has had on your life.

Health Concerns: List health concerns according to their severity	Rate of Severity 1= mild 10= worst imaginable	When did this episode start?	If you had the condition before, when?	Did problem begin with and injury?	Are symptoms constant or intermittent?
1. _____	_____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____	_____

If you are experiencing pain, is it.....

Sharp

Dull ache

Does the pain travel/radiate anywhere:

NO

YES – please describe

Since the problem started, it is

About the same

Getting Better

Getting Worse

What makes it worse? _____

What have you done for this condition that has helped you feel better? _____

What have you done for this condition that was of no help? _____

I do do not have a family history of this or similar symptoms (if you do, please explain)

Is this condition interfering with your: Work Leisure Sleep Sports/exercise/walking

Positive mental attitude Hobbies Other _____

Have you had to, or felt the need to make any "positive" changes in your life due to your condition? (i.e., eat better, less alcohol or drugs, meditate, less destructive sports, activities, etc.) if so what?

Other Doctors seen for this condition: Chiropractor Medical Dr. Other

1. Name/Address: _____

Date: _____ What was the diagnosis? _____

What was done? _____

2. Name/Address: _____

Date: _____ What was the diagnosis? _____

What was done? _____

General History:

Please check all symptoms you have ever had, even if they do not seem related to your current problem:

- | | | | |
|---|---|---|--|
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Pins and needles in legs | <input type="checkbox"/> Fainting | <input type="checkbox"/> Neck pain |
| <input type="checkbox"/> Pins and needles in arms | <input type="checkbox"/> Loss of smell | <input type="checkbox"/> Back Pain | <input type="checkbox"/> Loss of balance |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Buzzing in ears | <input type="checkbox"/> Ringing in ears | <input type="checkbox"/> Nervousness |
| <input type="checkbox"/> Numbness in fingers | <input type="checkbox"/> Numbness in toes | <input type="checkbox"/> Loss of taste | <input type="checkbox"/> Stomach Upset |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Depression | <input type="checkbox"/> Irritability | <input type="checkbox"/> Tension |
| <input type="checkbox"/> Sleeping problems | <input type="checkbox"/> Stiff Neck | <input type="checkbox"/> Cold Hands | <input type="checkbox"/> Cold Feet |
| <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Constipation | <input type="checkbox"/> Fever | <input type="checkbox"/> Hot Flashes |
| <input type="checkbox"/> Cold Sweats | <input type="checkbox"/> Lights bother eyes | <input type="checkbox"/> Urinary Problems | <input type="checkbox"/> Heartburn |
| <input type="checkbox"/> Mood Swings | <input type="checkbox"/> Menstrual Pain | <input type="checkbox"/> Menstrual Irregularity | <input type="checkbox"/> Ulcers |

List any medications you are taking and why: (**prescription** and **non-prescription**) _____

Have you had any surgery? (please include all surgery)

1. Type	_____	Date:	_____	Doctor:	_____
2. Type	_____	Date:	_____	Doctor:	_____
3. Type	_____	Date:	_____	Doctor:	_____
4. Type	_____	Date:	_____	Doctor:	_____

Accidents and/or injuries: auto, work related, or other (especially those related to your present problems).

1. Type	_____	Date:	_____	Hospitalized	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Type	_____	Date:	_____	Hospitalized	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Type	_____	Date:	_____	Hospitalized	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Have you ever had x-rays taken? (if yes) When _____ Where _____
 Area of body: _____

Do you wear orthotics or heel lifts? Yes No

Please list your top three stresses in each category:

1. Physical stress (falls, accidents, work postures, etc.)
 - a. _____
 - b. _____
 - c. _____
2. Bio-chemical stress (smoke, unhealthy foods, missed meals, don't drink enough water, drugs, etc.)
 - a. _____
 - b. _____
 - c. _____
3. Psychological stress (work, relationships, finances, self-esteem, etc.)
 - a. _____
 - b. _____
 - c. _____

The Beginning Years

Research is showing that many of the health challenges that occur later in life originated during the developmental years, some starting at birth. Please answer the following questions to the best of your ability.

Birth to 17 years of age

	Yes	No	Unsure
Did you have any serious childhood illnesses?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Did you have any serious falls as a child?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Did you play youth sports?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Did you take/use any drugs (prescribed or not)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Did you have any surgery?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Were you involved in any car accidents?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Was there any prolong use of medication such as, antibiotics or an inhaler?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Did you suffer any other traumas? (physical or emotional)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Were you vaccinated?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Were you under regular chiropractic care?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Comments: _____

Adult- (18 to present)

	Yes	No
Do/did you smoke?	<input type="checkbox"/>	<input type="checkbox"/>
Do/did you drink alcohol (more than socially)?	<input type="checkbox"/>	<input type="checkbox"/>
Have you been in any accidents?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had any surgery?	<input type="checkbox"/>	<input type="checkbox"/>
Do you play any adult sports?	<input type="checkbox"/>	<input type="checkbox"/>
Do/did you participate in extreme sports?	<input type="checkbox"/>	<input type="checkbox"/>

On a scale of 1-10 describe your psychological/emotional stress levels: (1= none / 10= extreme)

Occupational: _____

Personal : _____

On a scale of 1-10, (1 being very poor and 10 being excellent) describe your:

Eating habits: _____ Exercise habits: _____ Sleep: _____

General Health: _____ Mind-set: _____

Family Health Profile

At our office we are not only interested in your health and well-being, but also the health and well-being of your family and loved ones. Please list below their names and any health conditions or concerns they may have:

Children: _____

Spouse: _____

Mother: _____

Father: _____

Brothers: _____

Sisters: _____

Others: _____

Have you ever:

Bought bottled water:	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Belonged to a health club:	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Consumed vitamins of supplements:	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If there is a need for dietary changes or nutrients would you like to be informed?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If there is a need for specific exercises would you like to be informed?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If there is a need for support in the psychological/mind/body/stress dimension of health would you like to be informed?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

I consent to a professional and complete chiropractic examination and to any radiographic examination that the doctor deems necessary. I understand that any fee for service rendered is due at the time of service and cannot be deferred to a later date.

Signature _____ **Date:** _____

Thank you for filling out this form. It is your first step to **Creating Wellness!**
Return this to our staff and someone will be right with you.

