

Health First Chiropractic Clinics & Wellness Centers

Confidential Health History

Name _____ Date _____

Vertebral subluxations are caused by physical, chemical and emotional stress. The following questions will help us identify sources of stress.

Please circle Y for yes or N for no. The doctor will talk to you about your YES answers.

1. Is there a known history of traumatic childbirth? Ex. Forceps, vacuum extraction, difficult labor. Y or N
2. Is there a history of childhood and teenage trauma? Y or N
3. Any recent trauma, accidents, strains or sprains? Y or N
4. Have you had any recent unexplained high fevers or unexplained infections? Y or N
5. Are you aware of any past or present disease conditions in your body? Y or N
6. Have you had any spinal (neck or back) surgery? Y or N
6. Do you have heart disease? Y or N High Blood Pressure? Y or N Last BP reading _____
7. Do you have a history of carotid artery problems? Y or N Do you Smoke? Y or N
8. Do you drink alcohol? Y or N How many drinks per week? _____
9. Do you have a stressful lifestyle? Y or N Is your body easily effected by stress? Y or N
10. Are you a positive or optimistic person? Y or N
11. How often do you exercise? _____ What type of exercise? _____
12. How much sleep do you get a night? _____ Do you pay attention to your diet? Y or N
13. Would you consider your diet: a) extremely healthy b) moderately healthy c) average d) poor (circle one)
14. Do you practice preventative health care? Ex. Oral hygiene, well physical check-ups? Y or N