



## RĒBALANCE, A NATUROPATHIC CLINIC

Helping active people take control of their health

### **ADULT CHIROPRACTIC INTAKE FORM:**

Please fill out this form as completely and accurately as possible.

Today's Date \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Recent Height and weight if known: \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ E-mail address \_\_\_\_\_

Occupation \_\_\_\_\_ Employer \_\_\_\_\_

Business Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Emergency contact \_\_\_\_\_

Marital Status  S  M  D  W  L/W Spouse/Partner \_\_\_\_\_

Names and Ages of Children \_\_\_\_\_

Whom may we thank for referring you to our office? \_\_\_\_\_

### **What concerns do you feel Chiropractic care can address for you?**

Are these concerns affecting your quality of life? (Please circle only those applicable to you)

Work:	Y	N	Driving:	Y	N	Sleep:	Y	N
School:	Y	N	Walking:	Y	N	Sitting:	Y	N
Exercise/sports	Y	N	Eating:	Y	N	Love life:	Y	N

Have you ever received Chiropractic care?  Y  N Name of D.C. \_\_\_\_\_

How long under care?  \_\_\_\_\_ days  \_\_\_\_\_ weeks  \_\_\_\_\_ months  years \_\_\_\_\_

Date of last visit: \_\_\_\_\_ Why did you stop? \_\_\_\_\_

Have you consulted or do you regularly consult any of the following providers? (check all that apply)

Medical Physician  Naturopath  Acupuncturist  Homeopath  
 Massage Therapist  Psychotherapist  Energy Healer  Dentist

Reason why: \_\_\_\_\_

Are you pregnant? Y N (Women) Date of last menstrual period: \_\_\_\_\_

If x-rays are recommended, your signature is required (below) to indicate that you are **not pregnant**.

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

If **pregnant**, Due Date: \_\_\_\_\_ Name of OBGYN or Midwife \_\_\_\_\_

## STRESS

The primary system in the body, which coordinates health, is the CENTRAL NERVE SYSTEM. The vertebrae, (bones of the spinal column) surround and protect the delicate NERVE SYSTEM. Chiropractors are specialists trained in "early detection" of injury to the SPINE & NERVE SYSTEM.

The information below will help us to see the types of PHYSICAL, EMOTIONAL & CHEMICAL stresses you have been subjected to and **how they may relate to your present spinal, nerve and health status.**

### PHYSICAL STRESS: BIRTH AND INFANCY

The birth process can traumatize a baby's spine and cause damage to the spine & nerve system. Please indicate where and how you were birthed. (If you do not know, please skip to next question)

- Home       Natural       Hospital       Caesarian section       Forceps  
 Breech       Cord around neck       Prolonged labor       Drug induced labor       Suction

### PHYSICAL STRESS: CHILDHOOD THROUGH ADULT

The minor & often ignored repetitive physical traumas that we have endured are often too numerous to list. Please list the major traumas that you remember from your childhood up to the present.

Have you had any **accidents or injuries in your life** related to any of the following? (check all that apply)

- Automobile       Motorcycle       Bicycle       Sports       Playground       Abuse

If yes, state **type of injury and date:**

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Have you ever **hurt/injured your** spine, head, neck, ribs, chest, upper or lower back, pelvis or hips?       Y       N

If yes, state **type of injury and date:**

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Have you ever **hurt, broken, fractured or sprained** any bones or joints?       Y       N

If yes, list **body parts injured and dates:**

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Have you ever been hospitalized?       Y       N

If yes, **state reason and dates:**

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### EMOTIONAL STRESS

It is difficult to separate the emotional stress in our life from the physical response that often occurs. Please indicate if you have experienced any of the emotional stresses below:

Childhood Trauma	Y	N	Loss of loved one	Y	N	Abuse	Y	N
Work or School	Y	N	Divorce/separation	Y	N	Financial	Y	N
Lifestyle change	Y	N	Parents divorce	Y	N	Illness	Y	N

## CHEMICAL STRESS

Chemical stress can occur when a substance, that is toxic to the body, is breathed, injected, taken by mouth, or placed on the skin (e.g.: food allergies, drug reactions, exposure to chemicals in the air, etc.) The following will reveal exposures you may have had.

Were you **vaccinated**?  Y  N If yes, did you have a **reaction**?  Y  N

Have you been **exposed to** any of the following on a regular basis, (past or present)?

- |  |  |                                       |
|--|--|---------------------------------------|
| <input type="checkbox"/> Toxic chemicals | <input type="checkbox"/> Second hand smoke | <input type="checkbox"/> Drug therapy |
| <input type="checkbox"/> Radiation       | <input type="checkbox"/> Chemotherapy      | <input type="checkbox"/> Other        |

If yes, please list: \_\_\_\_\_

Do you have **allergies** to any foods?  Y  N If yes, please list: \_\_\_\_\_

Do you **consume** any of the following presently?

- |  |                                  |                                  |   |   |
|--|----------------------------------|----------------------------------|---|---|
| <input type="checkbox"/> Coffee/caffeine | <input type="checkbox"/> Alcohol | <input type="checkbox"/> Tobacco | <input type="checkbox"/> Over the counter drugs | <input type="checkbox"/> Prescribed drugs |
|--|----------------------------------|----------------------------------|---|---|

Please list all medications (prescribed and over the counter): \_\_\_\_\_

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**Note: It is imperative that you list all medications as they may have an influence on your care.**

## QUALITY OF LIFE

How do you grade your **physical health**?  Good  Fair  Poor

How do you grade your **emotional/mental health**?  Good  Fair  Poor

How do you rate your overall "**quality of life**"?  Good  Fair  Poor

Do you **exercise** regularly? If yes, how often? \_\_\_\_\_

Do you take **supplements**? If yes, please list: \_\_\_\_\_

Do you follow a **special dietary regime**? If yes, what? \_\_\_\_\_

## EXPECTATIONS

I would like to have the following benefits from **Chiropractic Care**: (Check all that apply)

- Relief of a symptom or problem
- Relief and Prevention of a symptom or problem
- Healthier spine and nerve system
- Optimal health on all levels

## CHIROPRACTIC CLINICAL OBJECTIVE

Physical, Emotional and Chemical STRESSES, common to our contemporary lifestyles, can result in misalignment of the spinal column causing damage to the nerve system. The result is a condition called Vertebral Subluxation. The Chiropractic Exam/evaluation is specifically designed to detect Vertebral Subluxations in all phases of their progression.

## FINANCIAL INFORMATION

Payment in full is expected on all **FIRST VISIT** services. All other fees are to be paid at time of service until other arrangements have been made and agreed upon in writing.

Please indicate your method of payment.     Cash     Check     Credit Card

**First Visit Fees: Comprehensive Exam and Treatment: ~~\$125~~ Follow ups: \$75  
\$150**

## INSURANCE

Insurance coverage varies greatly. We cannot predict whether your policy will cover the services we provide **in our office**. This office does not accept insurance, but if you wish to bill your own insurance, please let us know and we will bill you at insurance rates and give you the proper paperwork for reimbursement from your insurance. We do not currently participate in Medicare.

**If this is an Auto Accident or a Work-Related injury, please provide us with the following information:**

Name of Auto Insurance Co: \_\_\_\_\_

Have you been treated elsewhere?     Emergency Room     Primary Care Doctor     Other

What services were provided?     MRI     X-Rays     Medication     Therapy     Other

## PLEASE READ AND SIGN BELOW

*The information I have provided, on this case history form, is true and accurate, to the best of my knowledge. I give Dr. Jessica Greene, NMD, DC permission to render care to me today. This initial visit includes a health history/consultation, chiropractic exam/evaluation, and any initial care that is determined to be clinically necessary and mutually agreed upon.*

Signature \_\_\_\_\_ Today's Date \_\_\_\_\_