HIPAA Compliance Patient Consent Form

This office is required to notify you in writing, that by law, we must maintain the privacy and confidentiality of your Personal Health Information. In addition we must provide you with written notice concerning your rights to gain access to your health information, and the potential circumstances under which, by law, or as dictated by our office policy, we are permitted to disclose information about you to a third party without your authorization. Below is a brief summary of these circumstances. If you would like a more detailed explanation, one will be provided to you. Once you have read this notice, please sign and return to our front desk receptionist.

PERMITTED DISCLOSURES:

- 1. Treatment purposes discussion with other health care providers involved in your care.
- 2. Inadvertent disclosures open treating area mean open discussion. If you need to speak privately to the doctor, please let our staff know so we can place you in a private consultation room.
- 3. For payment purposes to obtain payment from your insurance company or any other collateral source.
- 4. For workers compensation purposes to process a claim or aid in investigation.
- 5. Emergency in the event of a medical emergency we may notify a family member.
- 6. For Public health and safety in order to prevent or lessen a serious or eminent threat to the health or safety of a person or general public.
- 7. To Government agencies or Law enforcement to identify or locate a suspect, fugitive, material witness or missing person.
- 8. For military, national security, prisoner and government benefits purposes.
- 9. Deceased persons discussion with coroners and medical examiners in the event of a patient's death.
- 10. Telephone calls or emails and appointment reminders we may call your home and leave messages regarding a missed appointment or apprize you of changes in practice hours or upcoming events.
- 11. Change of ownership in the event this practice is sold, the new owners would have access to your PHI.

YOUR RIGHTS:

- 1. To receive an accounting of disclosures.
- 2. To receive a paper copy of the comprehensive "Detail" Privacy Notice.
- 3. To request mailings to an address different than residence.
- 4. To request Restrictions on certain uses and disclosures and with whom we release information to, although we are not required to comply. If, however, we agree, the restriction will be in place until written notice of your intent to remove the restriction.
- 5. To inspect your records and receive one copy of your records at no charge, with notice in advance.
- 6. To request amendments to information. However, like restrictions, we are not required to agree to them.
- 7. To obtain one copy of your records at no charge, when timely notice is provided (72 hours). X-rays are original records and you are therefore not entitled to them. If you would like us to outsource them to an imaging center, to have copies made, we will be happy to accommodate you. However, you will be responsible for this cost.

COMPLAINTS:

If you wish to make a formal complaint about how we handle your health information, please contact our office. If you are still not satisfied with the manner in which this office handles your complaint, you can submit a formal complaint to:

DHHS, Office of Civil Rights 200 Independence Ave. SW Room 509F HHH Building Washington DC 20201

I have received a copy of Chiropractic's Patient Privacy Notice. I understand my rights as well as the practices duty to protect my health information, and have conveyed my understanding of these rights and duties to the doctor. I further understand that this office reserves the right to amend this 'Notice of Privacy Practice" at an time in the future and will make the new provisions effective for all information that it maintains past and present. I am aware that a more comprehensive version of this "Notice" is available to me. At this time, I do not have any questions regarding my rights or any of the information I have received.

May we discuss your medical condition with a	any member of your family?	Yes	ONo	
If yes, please name family members allowed:				
This consent was signed by:	Signature:			Date:
Emergency Contact:			Phone Number:	

Informed Consent for Chiropractic Care

We encourage and support a **shared decision making process** between us regarding your health needs. As a part of that process you have a right to be informed about the condition of your health and the recommended care and treatment to be provided to you so that you can make the decision whether or not to undergo such care with full knowledge of the known risks. This information is intended to make you better informed in order that you can knowledgably give or withhold your consent.

Chiropractic is based on the science which concerns itself with the relationship between structures (primarily the spine) and function (primarily the nervous system) and how this relationship can affect the restoration and preservation of health.

Adjustments are made by chiropractors in order to correct or reduce spinal and extremity joint subluxations. **Vertebral subluxation** is a disturbance to the nervous system and is a condition where one or more vertebra in the spine is misaligned and/or does not move properly causing interference and/or irritation to the nervous system. The primary goal in chiropractic care is the removal and/or reduction of nerve interference caused by vertebral subluxation.

A chiropractic examination will be performed which may include spinal and physical examination, orthopedic and neurological testing, palpation, specialized instrumentation.

The chiropractic adjustment is the application of a precise movement and/or force into the spine in order to reduce or correct vertebral subluxation(s). There are a number of different methods or techniques by which the chiropractic adjustment is delivered but are typically delivered by hand. Some may require the use of an instrument or other specialized equipment. Among other things, chiropractic care may reduce pain, increase mobility and improve quality of life.

In addition to the benefits of chiropractic care and treatment, one should also be aware of the existence of some risks and limitations of this care. The risks are seldom high enough to contraindicate care and all health care procedures have some risk associated with them.

Risks associated with some chiropractic treatment may include soreness, musculoskeletal sprain/strain, and fracture. In addition there are reported cases of stroke associated with visits to medical doctors and chiropractors. Research and scientific evidence does not establish a cause and effect relationship between chiropractic treatment and the occurrence of stroke; rather, recent studies indicate that patients may be consulting medical doctors and chiropractors when they are in the early stages of a stroke. In essence, there is a stroke already in process. However, you are being informed of this reported association because a stroke may cause serious neurological impairment.

I have been informed of the nature and purpose of chiropractic care, the possible consequences of care, and the risks of care, including the risk that the care may not accomplish the desired objective. Reasonable alternative treatments have been explained, including the risks, consequences and probable effectiveness of each. I have been advised of the possible consequences if no care is received. I acknowledge that no guarantees have been made to me concerning the results of the care and treatment.

I HAVE READ THE ABOVE PARAGRAPH. I UNDERSTAND THE INFORMATION PROVIDED. ALL QUESTIONS I HAVE ABOUT THIS INFORMATION HAVE BEEN ANSWERED TO MY SATISFACTION. HAVING THIS KNOWLEDGE, I KNOWINGLY AUTHORIZE THIS OFFICE TO PROCEED WITH CHIROPRACTIC CARE AND TREATMENT.

Patient Name:	Signature:	Date:
Guardian Signature (for minor):	F	Relationship to Patient:
☐ In addition, I give my permission for the present to observe such care.	above named minor patient to be man	naged by the doctor even when I am not

Adult Patient Questionnaire

Confidential Patient Information		
First Name:	Last Name:	Date:
SSN:	DOB:	Sex:
Occupation:	# of Children:	Marital Status:
Street Address:		Height:
City, State, Postal Code:		Weight:
Email:	Cell Phone:	Other Phone:
Emergency Contact:	Emergency Relation:	Emergency Phone:
How did you hear about us?		
Who is your primary care physician?		
Date and reason for your last doctor visit?		
Are you receiving care from any other health profession – If yes, please name them and their specialty: Please note any significant family medical history:	nals? • Yes • No	
Current Health Conditions What health condition(s) bring you into our office?		Please indicate where you are experiencing pain or discomfort.
Have you received care for this problem before? — If yes, please explain:	∕es O No	X=Current condition; O=Past condition
When did the condition(s) first begin?		
How did the problem start? Suddenly Grad	ually OPost-Injury	
Is this condition: Getting worse Improving	○ Intermittent ○ Constant ○ Unsure	
What makes the problem better?		
What makes the problem worse?		
Your Health Goals		
What are your top three health goals?		
1		
2.		

Chiropract	tic Histor	У									
What would y	you like to g	ain from	chiropractic	care?	Resolve exi	isting condition(s) Overall	wellness	O Both	า		
Have you eve	er visited a c	chiroprac	ctor? OYe	s O	No - If yes, wh	nat is their name?					
- What is the	ir specialty?	Pa Pa	in Relief () Phys	ical Therapy & R	ehab Nutrition Sublu	xation-bas	sed O	Other:		
Do you have	any health	concerns	s for other fa	ımily m	embers today?						
TRAUMAS	: Physica	al Injury	y History								
Have you eve		ignifican	t falls, surge	ries or	other injuries as	an adult? • Yes • No					
Notable child	hood injurie	s? (Yes On	No -	If yes, please exp	olain:					
Youth or colle	ege sports?	(Yes On	No -	If yes, list major i	njuries:					
Any past auto	o accidents	? (Yes O	No -	If yes, please exp	olain:					
How often do			None C) 1-3x	per week 04	-6x per week					
How do you i	normally sle	ep?	Back C	Side	Stomach	Do you wake up: OF	Refreshed a	and ready	/ Stiff a	and tired	b
Do you comn	nute to wor	k? (Yes O	No -	If yes, how many	/ minutes per day?					
List any probl	lems with fle	exibility (ex. putting o	n shoe	es/socks, etc):						
How many ho	ours per day	y do you	typically sp	end sit	ting at a desk?	On a computer	r, tablet or	phone?			
TOXINS: C	Chemical	& Envi	ronmenta	I Exp	osure						
TOXINS: C					osure						
		SUMPTI	ON for eac	h:	High		None		Moderate		High
Please rate y	your CONS	©	ON for eac	h:	High	Processed Foods	1	2	3	4	6
Please rate y Alcohol Water	your CONS None 1	© ©	ON for eac Moderate 3 3	h: 4 4	High ⑤ ⑥	Artificial Sweeteners	1)	2	3	4	6
Alcohol Water Sugar	None 1 1	© © ©	ON for eac Moderate 3 3 3	h: 4 4 4 4	High ⑤ ⑥	Artificial Sweeteners Sugary Drinks	1)	2	③ ③ ③	4	6 6
Alcohol Water Sugar Dairy	None ① ① ① ① ①	© © © © ©	ON for eac Moderate ③ ③ ③ ③ ③	h: 4 4 4 4 4	High 6 6 6 6	Artificial Sweeteners Sugary Drinks Cigarettes	1) (1) (1)	2222	3 3 3	444	5555
Alcohol Water Sugar Dairy Gluten	None 1 1 1 1	© © © © © ©	ON for eac Moderate 3 3 3 3	4 4 4 4 4	High 6 6 6 5 6	Artificial Sweeteners Sugary Drinks Cigarettes Recreational Drugs	1)	2	③ ③ ③	4	6 6
Alcohol Water Sugar Dairy Gluten	None 1 1 1 1	© © © © © ©	ON for eac Moderate 3 3 3 3	4 4 4 4 4	High 6 6 6 5 6	Artificial Sweeteners Sugary Drinks Cigarettes	1) (1) (1)	2222	3 3 3	444	5555
Alcohol Water Sugar Dairy Gluten	None 1 1 1 1	© © © © © ©	ON for eac Moderate 3 3 3 3	4 4 4 4 4	High 6 6 6 5 6	Artificial Sweeteners Sugary Drinks Cigarettes Recreational Drugs	1) (1) (1)	2222	3 3 3	444	5555
Alcohol Water Sugar Dairy Gluten	None 1 1 1 1 2 y drugs/me	© © © © © edication	ON for eac Moderate 3 3 3 3 5 S/vitamins/	4 4 4 4 4 herbs	High (5) (6) (6) (6) (9) Or other that you	Artificial Sweeteners Sugary Drinks Cigarettes Recreational Drugs	1) (1) (1)	2222	3 3 3	444	5555
Alcohol Water Sugar Dairy Gluten Please list any	None O O O O O O O O O O O O O O O O O O	© © © © © edication	ON for eac Moderate 3 3 3 3 s/vitamins/	4 4 4 4 4 herbs	High (5) (6) (6) (6) (9) Or other that you	Artificial Sweeteners Sugary Drinks Cigarettes Recreational Drugs	1) (1) (1)	2222	3 3 3	444	5 5 5 5
Alcohol Water Sugar Dairy Gluten Please list any	None O O O O O O O O O O O O O O O O O O	© © © © © edication	ON for eac Moderate 3 3 3 3 s/vitamins/ tresses & each: Moderate	4 4 4 4 4 herbs	High (5) (6) (6) (6) (9) Or other that you	Artificial Sweeteners Sugary Drinks Cigarettes Recreational Drugs	1) (1) (1)	2222	3 3 3	444	5555
Alcohol Water Sugar Dairy Gluten Please list any	None 1 1 1 1 1 y drugs/me	© © © © © edication	ON for eac Moderate 3 3 3 3 sylvitamins/ tresses & each: Moderate 3	4 4 4 4 4 herbs	High 6 6 6 6 6 or other that you	Artificial Sweeteners Sugary Drinks Cigarettes Recreational Drugs	0 0 0	② ② ② ②	3 3 3 3	444	6 6 6 6
Alcohol Water Sugar Dairy Gluten Please list any THOUGHT Please rate y Home Work	your CONS None 1 1 1 1 1 y drugs/me S: Emoti your STRE None 1 1	© © © © © onal S SS for 6	ON for eac Moderate 3 3 3 3 s/vitamins/ tresses & each: Moderate 3 3	h: 4 4 4 4 berbs Chal	High 6 6 6 6 6 6 or other that you lenges High 6 6	Artificial Sweeteners Sugary Drinks Cigarettes Recreational Drugs are taking and why: Money Health	0 0 0 0 0 0	② ② ② ② ②	3 3 3 3 3 Moderate 3	4 4 4 4 4	6 6 6 6 6 High 6 6
Alcohol Water Sugar Dairy Gluten Please list and THOUGHT Please rate of	your CONS None 1 1 1 1 y drugs/me S: Emoti	© © © © © edication	ON for eac Moderate 3 3 3 3 sylvitamins/ tresses & each: Moderate 3	h: 4 4 4 4 herbs Chal	High 6 6 6 6 6 or other that you lenges High 6	Artificial Sweeteners Sugary Drinks Cigarettes Recreational Drugs are taking and why: Money	① ① ① ① ① ① ① ① ⑦ ⑦ None ①	② ② ② ②	3 3 3 3 3 Moderate	4 4 4 4	6 6 6 6 6 7
Alcohol Water Sugar Dairy Gluten Please list any THOUGHT Please rate y Home Work Life	your CONS None 1 1 1 1 1 1 y drugs/me S: Emoti your STRE None 1 1 1	© © © © © © onal S SS for 6	ON for eac Moderate 3 3 3 3 s/vitamins/ tresses & each: Moderate 3 3 3	h: 4 4 4 4 berbs Chal	High 6 6 6 6 6 6 or other that you lenges High 6 6	Artificial Sweeteners Sugary Drinks Cigarettes Recreational Drugs are taking and why: Money Health	0 0 0 0 0 0	② ② ② ② ②	3 3 3 3 3 Moderate 3	4 4 4 4 4	6 6 6 6 6 High 6 6
Alcohol Water Sugar Dairy Gluten Please list any THOUGHT Please rate y Home Work	your CONS None 1 1 1 1 1 1 y drugs/me S: Emoti your STRE None 1 1 1	© © © © © © onal S SS for 6	ON for eac Moderate 3 3 3 3 s/vitamins/ tresses & each: Moderate 3 3 3	h: 4 4 4 4 berbs Chal	High 6 6 6 6 6 6 or other that you lenges High 6 6	Artificial Sweeteners Sugary Drinks Cigarettes Recreational Drugs are taking and why: Money Health	0 0 0 0 0 0	② ② ② ② ②	3 3 3 3 3 Moderate 3	4 4 4 4 4	6 6 6 6 6 High 6 6
Alcohol Water Sugar Dairy Gluten Please list any THOUGHT Please rate y Home Work Life	your CONS None 1 1 1 1 1 y drugs/me S: Emoti your STRE None 1 1 1 1	© © © © © © onal S SS for 6 © © ©	ON for eac Moderate 3 3 3 3 syvitamins/ tresses & each: Moderate 3 3 3 sent	h: 4 4 4 4 berbs Chal	High 6 6 6 6 6 6 or other that you lenges High 6 6	Artificial Sweeteners Sugary Drinks Cigarettes Recreational Drugs are taking and why: Money Health Family	0 0 0 0 0 0	② ② ② ② ② ② ②	3 3 3 3 3 Moderate 3	4 4 4 4	6 6 6 6 6 7

Patient Review of Systems

THE NERVOUS SYSTEM CONTROLS AND COORDINATES ALL ORGANS AND STRUCTURES OF THE HUMAN BODY

Please check the corresponding boxes for each symptom or condition you have experienced – including both past and present.

REGIONS	FUNCTIONS	SYMF	томѕ
Cervical	 Autonomic Nervous System ENT System Vision, Balance & Coordination Speech Immune System Digestive System Nerve Supply to Shoulders, Arms & Hands Sympathetic Nucleus Metabolism 	Colic & Excessive Crying Ear & Sinus Infections Allergies & Congestion Immune Deficiency Headaches & Migraines Vertigo & Dizziness Sore Throat & Strep Swollen Tonsils & Adenoids Vision & Hearing Issues Low Energy & Fatigue Difficulty Sleeping Pain, Numbness & Tingling in Arms to Hands	Epilepsy & Seizures Sensory & Spectrum ADD / ADHD Focus & Memory Issues Anxiety & Stress Balance & Coordination Speech Issues TMJ / Jaw Pain Stiff Neck & Shoulders Depression High Blood Pressure Poor Metabolism & Weight Control
Upper Thoracic	Upper G.I.Respiratory SystemCardiac Function	Reflux / GERD Chronic Colds & Cough Asthma	Bronchitis & Pneumonia Functional Heart Conditions
Mid Thoracic	Major Digestive Center Detox & Immunity	Gallbladder Pain / Issues Jaundice Fever	Indigestion & Heartburn Stomach Pains & Ulcers Blood Sugar Problems
Lower Thoracic	Stress ResponseFiltration & EliminationGut & DigestionHormonal Control	Behavior Issues Hyperactivity Chronic Fatigue Chronic Stress	Allergies & Eczema Skin Conditions / Rash Kidney Problems Gas Pain & Bloating
Lumbar, Sacrum & Pelvis	 Lower G.I. (Absorption & Motility) Gut-Immune System Major Hormonal Control 	Constipation Chrohn's, Colitis & IBS Diarrhea Bed-wetting Bladder & Urination Issues Cramps & Menstrual Issues Cysts & Endometriosis	Sciatica & Radiating Pain Lumbopelvic / SI Joint Pain Hamstring Tightness Disc Degeneration Leg Weakness & Cramps Poor Circulation & Cold Fee

Adult Patient Questionnaire

Confidential Patient Information		
First Name:	Last Name:	Date:
SSN:	DOB:	Sex:
Occupation:	# of Children:	Marital Status:
Street Address:		Height:
City, State, Postal Code:		Weight:
Email:	Cell Phone:	Other Phone:
Emergency Contact:	Emergency Relation:	Emergency Phone:
How did you hear about us?		
Who is your primary care physician?		
Date and reason for your last doctor visit?		
Are you receiving care from any other health profession – If yes, please name them and their specialty: Please note any significant family medical history:	nals? • Yes • No	
Current Health Conditions What health condition(s) bring you into our office?		Please indicate where you are experiencing pain or discomfort.
Have you received care for this problem before? — If yes, please explain:	∕es O No	X=Current condition; O=Past condition
When did the condition(s) first begin?		
How did the problem start? Suddenly Grad	ually OPost-Injury	
Is this condition: Getting worse Improving	○ Intermittent ○ Constant ○ Unsure	
What makes the problem better?		
What makes the problem worse?		
Your Health Goals		
What are your top three health goals?		
1		
2.		

Chiropractic History						
What would you like to gain from chiropractic care? Resolve existin	ng condition(s) Overall	wellness	Both	1		
Have you ever visited a chiropractor? ☐ Yes ☐ No — If yes, what	is their name?					
- What is their specialty? Pain Relief Physical Therapy & Reha	ab Nutrition Sublu	xation-bas	ed O	Other:		
Do you have any health concerns for other family members today?						
TRAUMAS: Physical Injury History						
Have you ever had any significant falls, surgeries or other injuries as an	adult? OYes ONo					
- If yes, please explain:						
Notable childhood injuries?	n.					
Notable childhood injuries?						
Any past auto accidents? Yes No - If yes, please explain						
How often do you exercise? None 1-3x per week 4-6x – What types of exercise?	per week Daily					
How do you normally sleep?	Do you wake up: OR	efreshed a	nd ready	Stiff a	nd tired	l
Do you commute to work? ○ Yes ○ No - If yes, how many mi	inutes per day?					
List any problems with flexibility (ex. putting on shoes/socks, etc):						
How many hours per day do you typically spend sitting at a desk?	On a computer	; tablet or p	ohone?			
Tiow many hours per day do you typically speria sitting at a desix:						
TOXINS: Chemical & Environmental Exposure						
TOXINS: Chemical & Environmental Exposure Please rate your CONSUMPTION for each: None Moderate High		None		Moderate		High
TOXINS: Chemical & Environmental Exposure Please rate your CONSUMPTION for each: None Moderate High Alcohol © © ④ ⑥	Processed Foods	1	2	3	4	5
TOXINS: Chemical & Environmental Exposure Please rate your CONSUMPTION for each: None Moderate High Alcohol ① ② ③ ④ ⑤ Water ① ② ③ ④ ⑥	Artificial Sweeteners	1	2	3	4	6
TOXINS: Chemical & Environmental Exposure Please rate your CONSUMPTION for each: None Moderate High Alcohol ① ② ③ ④ ⑥ Water ① ② ⑤ ④ ⑥ Sugar ① ② ③ ④ ⑥	Artificial Sweeteners Sugary Drinks	10	2	③ ③ ③	4	6
TOXINS: Chemical & Environmental Exposure Please rate your CONSUMPTION for each: None Moderate High Alcohol 1 2 3 4 6 Water 1 2 3 4 6 Sugar 1 2 3 4 6 Dairy 1 2 3 4 6	Artificial Sweeteners Sugary Drinks Cigarettes	1) (1) (1)	2 2 2	3 3 3 9	4	6 6
TOXINS: Chemical & Environmental Exposure Please rate your CONSUMPTION for each: None Moderate High Alcohol ① ② ③ ④ ⑤ Water ① ② ③ ④ ⑥ Sugar ① ② ④ ④ ⑥ Dairy ① ② ⑤ ④ ⑥ Gluten ① ② ⑥ ④ ⑥	Artificial Sweeteners Sugary Drinks Cigarettes Recreational Drugs	10	2	③ ③ ③	4	6
TOXINS: Chemical & Environmental Exposure Please rate your CONSUMPTION for each: None Moderate High Alcohol 1 2 3 4 6 Water 1 2 3 4 6 Sugar 1 2 3 4 6 Dairy 1 2 3 4 6	Artificial Sweeteners Sugary Drinks Cigarettes Recreational Drugs	1) (1) (1)	2 2 2	3 3 3 9	4	6 6 6
TOXINS: Chemical & Environmental Exposure Please rate your CONSUMPTION for each: None Moderate High Alcohol ① ② ③ ④ ⑤ Water ① ② ③ ④ ⑥ Sugar ① ② ④ ④ ⑥ Dairy ① ② ⑤ ④ ⑥ Gluten ① ② ⑥ ④ ⑥	Artificial Sweeteners Sugary Drinks Cigarettes Recreational Drugs	1) (1) (1)	2 2 2	3 3 3 9	4	6 6
TOXINS: Chemical & Environmental Exposure Please rate your CONSUMPTION for each: None Moderate High Alcohol ① ② ③ ④ ⑤ Water ① ② ③ ④ ⑥ Sugar ① ② ⑤ ④ ⑥ Dairy ① ② ⑥ ④ ⑥ Gluten ① ② ⑥ ④ ⑥ Please list any drugs/medications/vitamins/herbs or other that you are	Artificial Sweeteners Sugary Drinks Cigarettes Recreational Drugs	1) (1) (1)	2 2 2	3 3 3 9	4	6 6
TOXINS: Chemical & Environmental Exposure Please rate your CONSUMPTION for each: None Moderate High Alcohol ① ② ③ ④ ⑤ Water ① ② ③ ④ ⑥ Sugar ① ② ④ ④ ⑥ Dairy ① ② ⑥ ④ ⑥ Gluten ① ② ⑥ ④ ⑥ Please list any drugs/medications/vitamins/herbs or other that you are	Artificial Sweeteners Sugary Drinks Cigarettes Recreational Drugs	1) (1) (1)	2 2 2	3 3 3 9	4	6 6
TOXINS: Chemical & Environmental Exposure Please rate your CONSUMPTION for each: None Moderate High Alcohol ① ② ③ ④ ⑤ Water ① ② ⑤ ④ ⑥ Sugar ① ② ⑥ ④ ⑥ Dairy ① ② ⑥ ④ ⑥ Gluten ① ② ⑥ ④ ⑥ Please list any drugs/medications/vitamins/herbs or other that you are THOUGHTS: Emotional Stresses & Challenges Please rate your STRESS for each:	Artificial Sweeteners Sugary Drinks Cigarettes Recreational Drugs	0 0 0	2 2 2	③ ③ ③ ⑤	4	6 6 6
TOXINS: Chemical & Environmental Exposure Please rate your CONSUMPTION for each: None Moderate High Alcohol ① ② ③ ④ ⑥ Water ① ② ⑤ ④ ⑥ Sugar ① ② ⑤ ④ ⑥ Dairy ① ② ⑥ ④ ⑥ Gluten ① ② ⑥ ④ ⑥ Please list any drugs/medications/vitamins/herbs or other that you are THOUGHTS: Emotional Stresses & Challenges Please rate your STRESS for each: None Moderate High	Artificial Sweeteners Sugary Drinks Cigarettes Recreational Drugs e taking and why:	1) 1) 1) 1) 1) None	② ② ② ②	③ ③ ③ ③ ③ Moderate	4 4 4	6 6 6 6 6
TOXINS: Chemical & Environmental Exposure Please rate your CONSUMPTION for each: None Moderate High Alcohol ① ② ③ ④ ⑤ Water ① ② ⑤ ④ ⑥ Sugar ① ② ⑥ ④ ⑥ Dairy ① ② ⑥ ④ ⑥ Gluten ① ② ⑥ ④ ⑥ Please list any drugs/medications/vitamins/herbs or other that you are THOUGHTS: Emotional Stresses & Challenges Please rate your STRESS for each: None Moderate High Home ① ② ③ ④ ⑥	Artificial Sweeteners Sugary Drinks Cigarettes Recreational Drugs	① ① ① ① ① ① ① ① ⑦ None ①	② ② ② ②	③ ③ ③ ⑤	4	6 6 6 6 6
TOXINS: Chemical & Environmental Exposure Please rate your CONSUMPTION for each: None Moderate High Alcohol ① ② ③ ④ ⑤ Water ① ② ⑤ ④ ⑥ Sugar ① ② ⑥ ④ ⑥ Dairy ① ② ⑥ ④ ⑥ Gluten ① ② ⑥ ④ ⑥ Please list any drugs/medications/vitamins/herbs or other that you are THOUGHTS: Emotional Stresses & Challenges Please rate your STRESS for each: None Moderate High Home ① ② ③ ④ ⑥	Artificial Sweeteners Sugary Drinks Cigarettes Recreational Drugs e taking and why: Money	1) 1) 1) 1) 1) None	② ② ② ②	③ ③ ③ ③ ③ ③ Moderate ③	444 4 4	6 6 6 6 6
TOXINS: Chemical & Environmental Exposure Please rate your CONSUMPTION for each: None Moderate High Alcohol ① ② ③ ④ ⑤ Water ① ② ③ ④ ⑥ Sugar ① ② ③ ④ ⑥ Dairy ① ② ③ ④ ⑥ Gluten ① ② ③ ④ ⑥ Please list any drugs/medications/vitamins/herbs or other that you are THOUGHTS: Emotional Stresses & Challenges Please rate your STRESS for each: None Moderate High Home ① ② ③ ④ ⑥ Work ① ② ③ ④ ⑥ Life ① ② ③ ④ ⑥	Artificial Sweeteners Sugary Drinks Cigarettes Recreational Drugs e taking and why: Money Health	10 10 10 10 10 10 10 10 10 10 10 10 10 1	② ② ② ② ②	(3) (3) (3) (3) (5) (7) (7) (8) (9) (9) (9) (9) (9) (9) (9) (9) (9) (9	4 4 4	6 6 6 6 6
TOXINS: Chemical & Environmental Exposure Please rate your CONSUMPTION for each: None Moderate High Alcohol 1 2 3 4 5 Water 1 2 3 4 6 Sugar 1 2 3 4 6 Dairy 1 2 3 4 6 Please list any drugs/medications/vitamins/herbs or other that you are THOUGHTS: Emotional Stresses & Challenges Please rate your STRESS for each: None Moderate High Home 1 2 3 4 5 Work 1 2 3 4 5	Artificial Sweeteners Sugary Drinks Cigarettes Recreational Drugs e taking and why: Money Health	10 10 10 10 10 10 10 10 10 10 10 10 10 1	② ② ② ② ②	(3) (3) (3) (3) (5) (7) (7) (8) (9) (9) (9) (9) (9) (9) (9) (9) (9) (9	4 4 4	6 6 6 6 6
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Pregnancy Questionnaire

Patient Name:	Date:
Previous Birth Experience	
Is this your first pregnancy? Yes No - If not, please tell us about your previous pregnancy and/or birth experience(s):	
Do you plan to follow the same plan as your previous delivery? Yes No – If not, what would you like to change?	
Conception & Early Pregnancy	
When is your expected calculated due date?	
Did you have any difficulty conceiving?	
Have you ever used any form of hormonal or oral contraceptives? Yes No – If yes, which ones, and for how long?	
When was your last menstrual cycle?	
What was your pre-pregnancy weight? - Current Weight?	
Have you experienced morning sickness?	
Current Health Conditions	
What type of exercise(s) are you currently performing?	
Please tell us about your current diet, and any dietary restrictions.	
Have you taken any medications or supplements during your pregnancy? O Yes No – If yes, please explain:	
Have you had any slips, falls, or other physical traumas during the pregnancy? Yes C – If yes, please explain:) No
Have you had any major emotional stressors during your pregnancy? Yes No – If yes, please explain:	

Your Birth Plan	
What are your top three goals for this pregnancy?	
1	
2	
3	
Do you currently have a birth plan?	
- If yes, please explain:	
Are you taking any prenatal or birthing classes? Yes No – If yes, please explain:	
ii yos, pioase explain.	
Who is your OB/GYN or midwife?	– Will they be present for delivery? O Yes O No
Who is your birth provider?	
Do you intend to have a doula or birth coach present? Yes No - If yes, please explain:	
Do you wish to have a natural vaginal labor and delivery? O Yes O No	
- If not, what concerns do you have?	
Your Post Birth Plan	
Do you plan on breastfeeding your child?	
What do you intend to do for vaccines?	
Is there anything else you'd like to tell us about your pregnancy or birth plan?	
What would you like to gain from chiropractic care during your pregnancy?	
Are there any burning questions you want to be sure to ask today?	
The thore any burning queetions you want to be one to don't loady.	

Flack Family Chiropractic

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Patient Review of Systems

THE NERVOUS SYSTEM CONTROLS AND COORDINATES ALL ORGANS AND STRUCTURES OF THE HUMAN BODY

Please check the corresponding boxes for each symptom or condition you have experienced – including both past and present.

REGIONS	FUNCTIONS	SYMF	томѕ
Cervical	 Autonomic Nervous System ENT System Vision, Balance & Coordination Speech Immune System Digestive System Nerve Supply to Shoulders, Arms & Hands Sympathetic Nucleus Metabolism 	Colic & Excessive Crying Ear & Sinus Infections Allergies & Congestion Immune Deficiency Headaches & Migraines Vertigo & Dizziness Sore Throat & Strep Swollen Tonsils & Adenoids Vision & Hearing Issues Low Energy & Fatigue Difficulty Sleeping Pain, Numbness & Tingling in Arms to Hands	Epilepsy & Seizures Sensory & Spectrum ADD / ADHD Focus & Memory Issues Anxiety & Stress Balance & Coordination Speech Issues TMJ / Jaw Pain Stiff Neck & Shoulders Depression High Blood Pressure Poor Metabolism & Weight Control
Upper Thoracic	Upper G.I.Respiratory SystemCardiac Function	Reflux / GERD Chronic Colds & Cough Asthma	Bronchitis & Pneumonia Functional Heart Conditions
Mid Thoracic	Major Digestive Center Detox & Immunity	Gallbladder Pain / Issues Jaundice Fever	Indigestion & Heartburn Stomach Pains & Ulcers Blood Sugar Problems
Lower Thoracic	Stress ResponseFiltration & EliminationGut & DigestionHormonal Control	Behavior Issues Hyperactivity Chronic Fatigue Chronic Stress	Allergies & Eczema Skin Conditions / Rash Kidney Problems Gas Pain & Bloating
Lumbar, Sacrum & Pelvis	 Lower G.I. (Absorption & Motility) Gut-Immune System Major Hormonal Control 	Constipation Chrohn's, Colitis & IBS Diarrhea Bed-wetting Bladder & Urination Issues Cramps & Menstrual Issues Cysts & Endometriosis	Sciatica & Radiating Pain Lumbopelvic / SI Joint Pain Hamstring Tightness Disc Degeneration Leg Weakness & Cramps Poor Circulation & Cold Fee

Pediatric Patient Questionnaire

Confidential Patien	t Information					
Child's Name:		Parent/Guardian	Name(s):			
Street Address:		City, State, Posta	Code:			
Cell Phone:		Other Phone:		Child's S	ex:	
Email:		Child's SSN:		Birthdate	:	Age:
How did you hear about	us?			Height:		Weight:
Who is your primary care	e physician?					
Is your child receiving ca - If yes, please name the			O No			
Please list any drugs/m	edications/vitamins/l	nerbs or other that your child	l is taking:			
Current Health Cor	nditions					
What health condition(s)	bring your child to be	e evaluated by a chiropracto	?			
When did the condition	first basin?	How die	the problem start	? Suddenly	O Gradually	O Post-Injury
When did the condition			ппе ргорієті зтап	Sudderliy	Gradually	Post-Injury
Has your child ever rece – If yes, please explain:	eived care for this con-	dition? OYes ONo				
Is this condition:	etting worse	proving	O Constant O	Unsure		
What makes the probler	m better?		What makes the	problem worse?		
Health Goals for Yo	our Child					
What are your top three		child?		Wh	at would you like	e to gain?
					Resolve existin	_
2					Overall wellnes	SS
3					Both	
Has your child ever visite	ed a chiropractor?	O Yes O No	- If yes, what is the	heir name:		
- What is their specialty:	Pain Relief	Physical Therapy & Rehab	O Nutrition C	Subluxation-based	Other:	
Pregnancy & Fertili	tv History					
Please tell us about you						
Any fertility issues?		If yes, please explain:				
Did mother smoke?		If yes, how often?				
Did mother drink?		If yes, how often?				
Did mother exercise?		If yes, please explain:				
Was mother ill?	O Yes O No	lf yes, please explain:				
Any ultrasounds?	O Yes O No	If yes, please explain:				
Please explain any notic	able episodes of men	tal or physical stress during	your pregnancy:			
Please explain any other	concerns or notable	remarks about your child's	conception or preg	ınancy:		

Labor & Delivery History
Child's birth was: Natural vaginal birth Scheduled C-section Emergency C-section - At how many weeks was your child born?
Where was your child born? – Who delivered your baby?
Please indicate any applicable interventions or complications: Breech Induction Pain meds Epidural Episiotomy Vacuum extraction Forceps Other:
Please describe any other concerns or notable remarks about your child's labor and/or delivery:
Child's birth weight: APGAR score at birth: APGAR score after 5 min.:
Growth & Development History
ls/was your child breastfed? ○ Yes ○ No - If yes, how long? Difficulty with breastfeeding? ○ Yes ○ No
Did they ever use formula? ○ Yes ○ No
Did/does your child suffer from colic, reflux, or constipation as an infant?
Did/does your child frequently arch their neck/back, feel stiff, or bang their head? Yes No - If yes, please explain:
At what age did the child: Respond to sound: Follow an object: Hold their head up: Vocalize: Teethe: Sit alone: Crawl: Walk: Begin cow's milk: Begin solid foods:
Please list any food intolerance or allergies, and when they began:
Please list your child's hospitalization and surgical history (including the year):
Please list any major injuries, accidents, falls and/or fractures your child has sustained in his/her lifetime (including the year):
Have you chosen to vaccinate your child? No Yes, on a delayed or selective schedule Yes, on schedule – If yes, please list any vaccine reactions:
Has your child received any antibiotics? O Yes O No - If yes, how many times and list reason:
Night terrors or difficulty sleeping?
Behavioral, social or emotional issues? O Yes O No - If yes, please explain:
How many hours per day does your child typically spend watching TV, computer, tablet or phone?
How would you describe your child's diet? Mostly whole, organic foods Pretty average High amount of processed foods
Acknowledgement & Consent
Parent/Guardian Signature: Date:

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