

Mars Hill Chiropractic Center

Patient: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Date: \_\_\_\_\_

1. Briefly Describe your PRIMARY complaint: \_\_\_\_\_

\_\_\_\_\_

2. Pain is: Sharp Dull Burning Throb Stabbing Numb Ache Other

3. When did your symptoms start? \_\_\_\_\_

4. How did your symptoms start? \_\_\_\_\_

5. Average pain intensity:

In the last 24 hours: no pain 1 2 3 4 5 6 7 8 9 10 worst pain

In the past week: no pain 1 2 3 4 5 6 7 8 9 10 worst pain

6. How often do you experience your symptoms?

Constantly (75-100% of the time) Frequently (50-75% of the time) Occasionally (25-50% of the time) Intermittently (0-25%)

7. How are your symptoms changing?  Getting better  Not changing  Getting worse

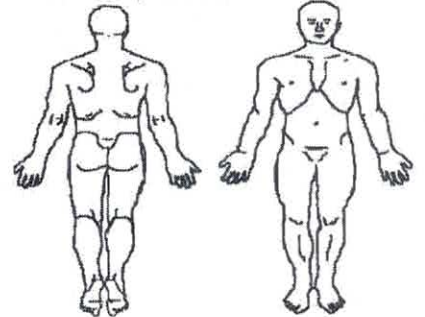
8. What makes your symptoms better? \_\_\_\_\_

9. What makes your symptoms worse? \_\_\_\_\_

10. Have you had this problem examined by anyone else? \_\_\_\_\_

11. What have you done to treat this problem? \_\_\_\_\_

Indicate where you have pain or other symptoms:



Additional complaints:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# MARS HILL CHIROPRACTIC CENTER

## Functional Rating Index

For each item below, please circle the number which most closely describes your condition right now.

**1. Pain Intensity**

0	1	2	3	4
No pain	Mild pain	Moderate pain	Severe pain	Worst possible pain

**2. Sleeping**

0	1	2	3	4
Perfect sleep	Mildly disturbed sleep	Moderately disturbed sleep	Greatly disturbed sleep	Totally disturbed sleep

**3. Personal Care (washing, dressing, etc.)**

0	1	2	3	4
No pain; no restrictions	Mild pain; no restrictions	Moderate pain; need to go slowly	Moderate pain; need some assistance	Severe pain; need 100% assistance

**4. Travel (driving, etc.)**

0	1	2	3	4
No pain on long trips	Mild pain on long trips	Moderate pain on long trips	Moderate pain on short trips	Severe pain on short trips

**5. Work**

0	1	2	3	4
Can do usual work plus unlimited extra work	Can do usual work; no extra work	Can do 50% of usual work	Can do 25% of usual work	Cannot work

**6. Recreation**

0	1	2	3	4
Can do all activities	Can do most activities	Can do some activities	Can do a few activities	Cannot do any activities

**7. Frequency of pain**

0	1	2	3	4
No pain	Occasional pain; 25% of the day	Intermittent pain; 50% of the day	Frequent pain; 75% of the day	Constant pain; 100% of the day

**8. Lifting**

0	1	2	3	4
No pain with heavy weight	Increased pain with heavy weight	Increased pain with moderate weight	Increased pain with light weight	Increased pain with any weight

**9. Walking**

0	1	2	3	4
No pain; any distance	Increased pain after 1 mile	Increased pain after 1/2 mile	Increased pain after 1/4 mile	Increased pain with all walking

**10. Standing**

0	1	2	3	4
No pain after several hours	Increased pain after several hours	Increased pain after 1 hour	Increased pain after 1/2 hour	Increased pain with any standing

PATIENT NAME \_\_\_\_\_

DATE \_\_\_\_\_

**CONSENT FOR USE OR DISCLOSURE OF HEALTH INFORMATION**

**Our Privacy Pledge**

We are very concerned with protecting your privacy. While the law requires us to give you this disclosure, please understand that we have, and always will, respect the privacy of your health information.

There are several circumstances in which Mars Hill Chiropractic Center may have to use or disclose your health care information. We may have to disclose your health information

- to another health care provider for referral to them for treatment or diagnosis
- to an insurance company or another party if they are responsible for payment of your services for treatment
- amongst the staff within our practice for quality control or administrative purposes.

**Your right to limit uses or disclosures**

I understand that I have the right to restrict how my personal health information is used and disclosed for treatment, payment and administrative operations if I notify the practice. I also understand that Mars Hill Chiropractic Center will consider requests for restriction on a case-by-case basis, but does not have to agree to requests for restrictions.

I hereby consent to the use and disclosure of my personal health information for purposes as noted in Mars Hill Chiropractic Center's Notice of Information Practices. I understand that I retain the right to revoke this consent by notifying the practice at any time.

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

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

Printed Name: \_\_\_\_\_

## INFORMED CONSENT TO CHIROPRACTIC CARE

We provide adjustments or manual manipulations through the gentle application of a targeted movement where and when indicated by a licensed Doctor of Chiropractic to improve motion of the body's spinal column and extremities.

Chiropractic treatment, including spinal adjustment, has been the subject of government reports and multi-disciplinary studies conducted over many years and has been demonstrated to be an effective treatment for many neck and back conditions involving pain, numbness, muscle spasm, loss of mobility, headaches and other similar symptoms. Routine chiropractic treatment can result in better function, improved joint motion, and a healthier, more active lifestyle.

However, there are some risks associated with the chiropractic adjustments, including, but not limited to the possibility of sprains, dislocations and fractures. In addition:

1. While rare, some patients may experience short term aggravation of symptoms, rib fractures or muscle and ligament strains or sprains as a result of manual therapy techniques.
2. There are reported cases of stroke associated with neck movements including adjustments of the upper cervical spine. Current medical and scientific evidence does not establish a definite cause and effect relationship between upper cervical spine adjustment and the occurrence of stroke. Furthermore, the apparent association is noted very infrequently. However, you are being warned of this possible association because a stroke may cause serious neurological impairment and result in injuries including paralysis.
3. There are reported cases of disc injuries following cervical and lumbar spinal adjustments or chiropractic treatment.

The risk of injuries or complications from chiropractic treatments are substantially lower than that associated with many medical or other treatments, medications, and surgical procedures given for the same treatments.

Common alternatives to adjustments and manipulations include medications, physical therapy, or medical treatments and surgery provided by physicians and surgeons.

By signing this Informed Consent, I acknowledge that I have discussed, or have had the opportunity to discuss, with my Doctor of Chiropractic the nature and purpose of chiropractic treatment in general and my treatment in particular (including spinal adjustments), the benefits, risks and alternatives to chiropractic treatment.

I consent to the chiropractic treatments offered or recommended to me by my Doctor of Chiropractic, including spinal adjustments. I intend this consent to apply to all my present and future chiropractic care received from Mars Hill Chiropractic Center.

Patient Printed Name \_\_\_\_\_

Patient or Legal Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_ Witness Signature \_\_\_\_\_