

**Health History**

Please put a check next to all conditions you have had in the past or are currently experiencing:

**Muscle / Joint**

- Arthritis
- Bursitis
- Foot pain
- Low back pain
- Hernia
- Neck pain
- Pain between shoulders
- Painful tailbone
- Poor posture
- Sciatica
- Stiff joints
- Swollen Joints
- Muscle weakness

**Pain / Numbness**

- Shoulders
- Arms
- Elbows
- Hands
- Hips
- Knees
- Feet

**General**

- Allergies
- Convulsions
- Dizziness, poor balance
- Fainting
- Headaches
- Loss of Sleep
- Anxiety
- Depression

**Social Habits (List amount daily/weekly)**

- Alcohol \_\_\_\_\_
- Caffeine \_\_\_\_\_
- Smoking \_\_\_\_\_
- Other tobacco \_\_\_\_\_
- Illegal Drugs \_\_\_\_\_

**List all surgeries with dates:**

**GI**

- Constipation
- Diarrhea
- Hemorrhoids
- Gall bladder
- Liver
- Nausea / Vomiting

**Ear / Nose / Throat**

- Asthma
- Deafness
- Earaches
- Ringing in the ears
- Enlarged glands
- Thyroid
- Eye pain
- Failing vision
- Nasal Obstruction
- Nose bleeds
- Jaw pain / TMJ

**Cardiovascular**

- Hardening arteries
- High blood pressure
- Low blood pressure
- Chest pain
- Poor circulation
- Heart attack
- Rapid heartbeat
- Slow heartbeat
- Swelling of the ankle
- Pacemaker

**Respiratory**

- Chronic Cough
- Difficulty breathing
- Spitting up blood
- Spitting up phlegm
- Wheezing

**Urological**

- Bed wetting
- Blood in urine
- Frequent urination
- Kidney infection
- Painful urination
- Incontinence
- Prostate issues

**Female**

**Reproductive**

- Extreme Cramps
- Excessive bleeding
- Painful Periods
- pregnant
- Uterine fibroids
- Menopause

**Sleep Pattern**

- Light
- Moderate
- Heavy
- CPAP usage

**How often do you exercise?**

- Never
- Occasionally
- Daily
- \_\_\_\_\_ times / week

**Height:** \_\_\_\_\_

**Weight:** \_\_\_\_\_

**Foot Support**

- Heel lifts
- Sole lifts
- Inner soles
- Arch supports
- Custom orthotics

**Diagnosed**

**Conditions**

- Alcoholism
- Anemia
- Appendicitis
- Cancer
- Cancer site: \_\_\_\_\_
- Congestive heart failure
- COPD
- Dementia
- Alzheimers
- Diabetes
- Emphysema
- Epilepsy
- Fibromyalgia
- Gout
- Limb amputation
- Lupus
- Lyme Disease
- MS
- Paralysis
- Pleurisy
- Polio
- Stroke
- Tuberculosis
- Ulcers