



# BACK TO HEALTH

## CHIROPRACTIC & WELLNESS

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Email: renobacktohealth@gmail.com

Name: \_\_\_\_\_ Pronoun: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone #: \_\_\_\_\_ cell/home Appointment reminders? **TEXT or NO Reminders**

Email Address: \_\_\_\_\_ Social Security Number: \_\_\_\_\_

Spouse/Significant Other's Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Sex: *M F* Marital Status: *M S D W* Your Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Occupation: \_\_\_\_\_

Employer: \_\_\_\_\_

Emergency Contact and Phone Number: \_\_\_\_\_

### How Did You Hear About Us? (whom may we thank?)

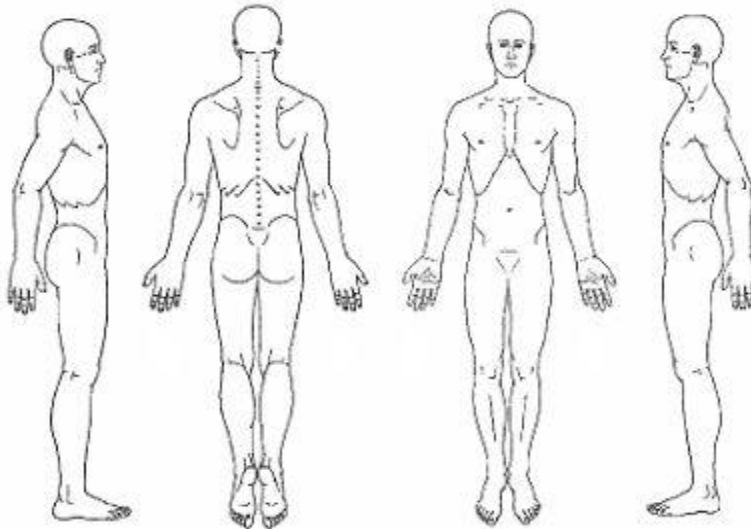
Referred by: ☐ Family/Friend: \_\_\_\_\_ ☐ Google ☐ Yelp ☐ Social Media

☐ Health Professional: \_\_\_\_\_ ☐ Other: \_\_\_\_\_

Have you ever received Chiropractic Care? ☐ Yes ☐ No If yes, when? \_\_\_\_\_

Reasons for seeking care at Back to Health: \_\_\_\_\_  
(wellness, current symptoms, your spouse made you)

### Chief Complaints: circle, mark, note where pain is on your body





On a scale from 0-10, with 10 being the worst; **select the level of OVERALL pain:**

1 2 3 4 5 6 7 8 9 10

Did the symptom(s) begin **immediately** or **gradually**? (mark one)

Is it getting **better**, **worse** or the **same**? (mark one)

Date of onset? \_\_\_\_\_

Does it radiate? Where? \_\_\_\_\_

What causes the condition to **IMPROVE** (mark all that apply):

- rest, exercise, adjustment(s), heat, supplements(s), brace/support, stretching, walking, therapy, cold, herbal(s), medicine, over the counter medicine
- other (please describe): \_\_\_\_\_

What causes the condition to **WORSEN** (mark all that apply)

- work, household duties, sports, medicine, over the counter medication, heat, stretching, brace/support, cold
- other (please describe): \_\_\_\_\_

What did you try that **DID NOT** help with this condition?

- rest, exercise, adjustment (s), heat, supplements(s), brace/support, stretching, walking, therapy, cold, herbal(s), medicine, over the counter medicine
- other (please describe): \_\_\_\_\_

What are you having **problems with**? (mark all that apply):

- seeing, hearing, reading, holding, walking, kneeling, lifting, sitting, sports, reclining, insomnia, loss of concentration, change in personality, tasting, bathing, typing, pinching, stooping, bending, pushing, driving, exercising, restful sleep, using the toilet, smelling, grooming, writing, standing, squatting, twisting, pulling, riding in car, loss of sexual drive, nervous, tactile feeling, eating, dressing, grasping, leaning, climbing, carrying, reaching, air travel, irritable, nothing,
- other (please describe): \_\_\_\_\_

**Prior Complaints:**

Have you suffered with any of this or similar problem(s) in the past? ☐ yes ☐ no

• If yes, how often? \_\_\_\_\_

• When was the last episode? \_\_\_\_\_

• If yes, what type of treatment? \_\_\_\_\_

• Who provided the treatment? \_\_\_\_\_

• How long ago? \_\_\_\_\_

• Were the results **favorable** or **unfavorable**?



**Past Medical History:**

Have you had any **pulmonary (lung-related)** issues? ☐ None

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Have you had any **cardiovascular (heart-related)** issues or procedures? ☐ None

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Have you had any **neurological (nerve-related)** issues? ☐ None

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Have you had any **endocrine (hormonal-related)** issues or procedures? ☐ None

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Have you had any **renal (kidney-related)** issues or procedures? ☐ None

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Have you had any **gastroenterological (stomach-related)** issues? ☐ None

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Have you had any **hematological (blood-related)** issues? ☐ None

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Have you had any **oncological (cancer-related)** issues? ☐ None

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Have you had any **dermatological (skin-related)** issues? ☐ None

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Have you had any **musculoskeletal (bone/muscle-related)** issues? ☐ None

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Have you had any **psychological** issues? ☐ None

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**Surgeries:** (if applicable, write year in the adjacent box) ☐ None

Abdominal Exploration		Hemorrhoid Surgery	
Abortion		Hernia Repair	
ACL Reconstruction		Hysterectomy	
Adenoid Removal		Joint Surgery	
Angioplasty		Kidney Transplant	
Appendectomy		Knee Arthroscopy	
Bunion Removal		LASIK	
Carotid Artery Surgery		Lumbar Spine Surgery	
Cataract Surgery		Mastectomy	
Cervical Spine Surgery		Prostate Removal	
Cholecystectomy		TMJ Surgery	
Cosmetic Surgery		Tonsillectomy	
C-Section		Vasectomy	
Gastric Bypass		Other:	
Heart Surgery		Other:	

**Allergies:** (mark all that apply) ☐ None

Acetaminophen	Fragrance	Pollen
Adhesive Tape	Ibuprofen	Soy
Barbiturates	Insulin	Sulfa
Bee/Yellow Jacket Stings	Iodine	Tobacco Smoke
Dairy	Latex	Wheat/Gluten
Dust Mites	Mold	Other:
Eggs	Nuts	Other:
Fish/Shellfish/Seafood	Pet Dander	Other:

**Family Health History:** (mark all that apply) ☐ None ☐ Adopted/Unknown

Cancer	Headaches	Psychiatric disease
Cardiac disease below age 40	Heart disease	Stroke
Diabetes	Neurological diseases	Other:

**Medications:** (mark if currently taking) ☐ None

Aspirin	Muscle Relaxers
NSAIDs	Statin Medications
Blood Pressure Medications	Tylenol
Daily Vitamins/Prenatal Vitamins	Vicodin/Other Pain Medication
Diabetes Medications	Other:
Gabapentin	Other:

**Social History**

Hobby/Activity/Exercise- DESCRIBE: \_\_\_\_\_

☐ no pain ☐ painful (can do) ☐ painful (limits) unable to perform



## Informed Consent

You are the decision maker for your health care. Part of our role is to provide you with information to assist you in making informed choices. This process is often referred to as “informed consent” and involves your understanding and agreement regarding the care we recommend, the benefits and risks associated with the care, alternatives, and the potential effect on your health if you choose not to receive this care.

We may conduct some diagnostic or examination procedures if indicated. Any examinations or tests conducted will be carefully performed but may be uncomfortable.

Chiropractic care centrally involves what is known as a chiropractic adjustment. There may be additional supportive procedures or recommendations as well. When providing an adjustment, we use our hands or an instrument to reposition anatomical structures, such as vertebrae. Potential benefits of an adjustment include restoring normal joint motion, reducing swelling and inflammation in a joint, reducing pain in the joint, and improving neurological functioning and overall well-being.

It is important that you understand, as with all health care approaches, results are not guaranteed, and there is no promise to cure. As with all types of health care interventions, there are some risks to care, including, but not limited to: muscle spasms, aggravating and/or temporary increase in symptoms, lack of improvement of symptoms, burns and/or scarring from electrical stimulation and from hot or cold therapies, including but not limited to hot packs and ice, fractures (broken bones), disc injuries, dislocations, strains, and sprains. In addition, the literature recognizes an association between strokes and chiropractic manipulation of the cervical spine. With respect to strokes, there is a rare but serious condition known as an “arterial dissection” that typically is caused by a tear in the inner layer of the artery that may cause the development of a thrombus (clot) with the potential to lead to a stroke. The best available scientific evidence supports the understanding that chiropractic adjustment does not cause a dissection in a normal, healthy artery. Disease processes, genetic disorders, medications, and vessel abnormalities may cause an artery to be more susceptible to dissection. Strokes caused by arterial dissections have been associated with over 72 everyday activities such as sneezing, driving, and playing tennis. For comparison, the incidence of hospital admission attributed to aspirin use from major GI events of the entire (upper and lower) GI tract was 1219 events/ per one million persons/year and risk of death has been estimated as 104 per one million users.

Carotid and vertebral artery dissections are rare, with an annual incidence of 2.5 – 4 of every 100,000 people whether they are receiving health care or not. Patients who experience this condition often, but not always, present to their medical doctor or chiropractor with neck pain and headache. Unfortunately, a percentage of these patients will experience a stroke.

The reported association between visits to a chiropractor or a primary care physician and stroke is exceedingly rare and is estimated to be related in one to one million to one in two million visits.

It is also important that you understand there are treatment options available for your condition other than chiropractic procedures. Options may include, but are not limited to: self-administered care, over-the-counter pain relievers, physical measures and rest, medical care with prescription drugs, physical therapy, bracing, injections, and surgery. Lastly, you have the right to a second opinion and to secure other opinions about your circumstances and health care as you see fit.

I have read, or have had read to me, the above consent. I appreciate that it is not possible to consider every possible complication to care. I have also had an opportunity to ask questions about its consent and by signing below, I agree with the current or future recommendation to receive chiropractic care as is deemed appropriate for my circumstance. I intend this consent to cover the entire course of care from all providers in this office for my present condition and for any future condition(s) for which I seek chiropractic care from this office.

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Patient's Printed Name

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Signature of Patient (guardian signature if patient is under 18)

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Date



**Notice of Privacy Practices (HIPAA Consent Form)**

By signing below, I understand that some of my health information may be used/and or disclosed by Back to Health Chiropractic and Wellness to carry out treatment, payment, or healthcare operations. For a more complete description of such uses and disclosures I should refer to Back to Health Chiropractic and Wellness's privacy notice entitled "HIPAA Notice of Privacy Practices". I understand that I may view this notice any time prior to signing this form.

This notice describes how health information about you may be used and disclosed and how you can get access to this information, and applies to all protected health information contained in your health records maintained by us. We have the following duties regarding the maintenance, use and disclosure of your health records:

1. We are required by law to maintain the privacy of the protected health information in your records and to provide you with this Notice of our legal duties and privacy practices with respect to that information.
2. We are required to abide by the terms of this Notice currently in effect.
3. We reserve the right to change the terms of this Notice at any time, making the new provisions effective for all health information and records that we have and continue to maintain in accordance to changes in the law. All changes in this Notice will be prominently displayed and available at our office.

**You have the right to:**

- Get a copy of your medical record
- Correct your medical record
- Request confidential communication
- Ask us to limit the information we share
- Get a list of those with whom we've shared your information with
- Get a copy of this privacy notice
- Choose someone to act for you
- File a complaint if you believe your privacy rights have been violated

**We will never share your information unless you give us written permission:**

- Marketing purposes
- Sale of your information
- Most sharing of chiropractic and treatment notes

**Our responsibilities:**

- We are required by law to maintain the privacy and security of your protected health information
- We will let you know if a breach occurs that may have compromised the privacy or security of your information
- We must follow the duties and privacy practices described in this notice and give you a copy of it if requested
- We will not use or share your information other than that is described here unless you tell us in writing.

**Check one:**

☐ Back to Health Chiropractic and Wellness does NOT have my permission to share my information.

☐ Back to Health Chiropractic and Wellness CAN release my applicable information to \_\_\_\_\_  
(name of individual)

\_\_\_\_\_  
Patient's Printed Name

\_\_\_\_\_  
Signature of Patient (guardian signature if patient is under 18)

\_\_\_\_\_  
Date