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 professionals? ○ Yes ○ No
– If yes, please name them and their specialty:

Please note any significant family medical history:

Current Health Conditions

What health condition(s) bring you into our office?

Have you received care for this problem before? ○ Yes ○ No
– If yes, please explain:

When did the condition(s) first begin?

How did the problem start? ○ Suddenly ○ Gradually ○ Post-Injury

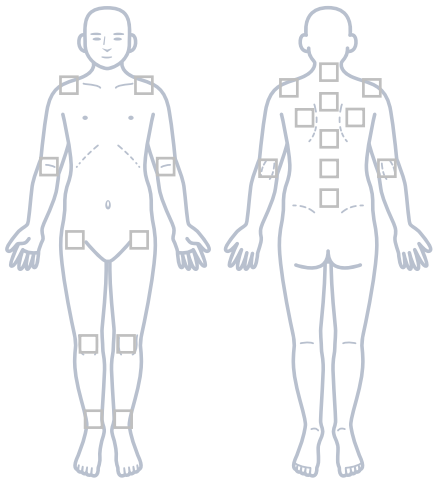
Is this condition: ○ Getting worse ○ Improving ○ Intermittent ○ Constant ○ Unsure

What makes the problem better?

What makes the problem worse?

Please indicate where you are experiencing pain or discomfort.

X = Current condition; O = Past condition



Your Health Goals

What are your top three health goals?

1. _____

2. _____

3. _____

Chiropractic History

What would you like to gain from chiropractic care? ○ Resolve existing condition(s) ○ Overall wellness ○ Both

Have you ever visited a chiropractor? ○ Yes ○ No – If yes, what is their name?

– What is their specialty? ○ Pain Relief ○ Physical Therapy & Rehab ○ Nutrition ○ Subluxation-based ○ 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? ○ Yes ○ No

– If yes, please explain:

Notable childhood injuries? ○ Yes ○ No – If yes, please explain:

Youth or college sports? ○ Yes ○ No – If yes, list major injuries:

Any past auto accidents? ○ Yes ○ No – If yes, please explain:

How often do you exercise? ○ None ○ 1-3x per week ○ 4-6x per week ○ Daily

– What types of exercise?

How do you normally sleep? ○ Back ○ Side ○ Stomach Do you wake up: ○ Refreshed and ready ○ Stiff and tired

Do you commute to work? ○ Yes ○ No – If yes, how many minutes 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 phone?

TOXINS: Chemical & Environmental Exposure

Please rate your CONSUMPTION for each:

	None		*Moderate*		*High*			*None*		*Moderate*		*High*
Alcohol	1	2	3	4	5		Processed Foods	1	2	3	4	5
Water	1	2	3	4	5		Artificial Sweeteners	1	2	3	4	5
Sugar	1	2	3	4	5		Sugary Drinks	1	2	3	4	5
Dairy	1	2	3	4	5		Cigarettes	1	2	3	4	5
Gluten	1	2	3	4	5		Recreational Drugs	1	2	3	4	5

Please list any drugs/medications/vitamins/herbs or other that you are taking and why:

THOUGHTS: Emotional Stresses & Challenges

Please rate your STRESS for each:

	None		*Moderate*		*High*			*None*		*Moderate*		*High*
Home	1	2	3	4	5		Money	1	2	3	4	5
Work	1	2	3	4	5		Health	1	2	3	4	5
Life	1	2	3	4	5		Family	1	2	3	4	5

Acknowledgement & Consent

Patient Signature: _____ Date: _____

Dr. Zgia Kjonaas | Olive Me Chiropractic

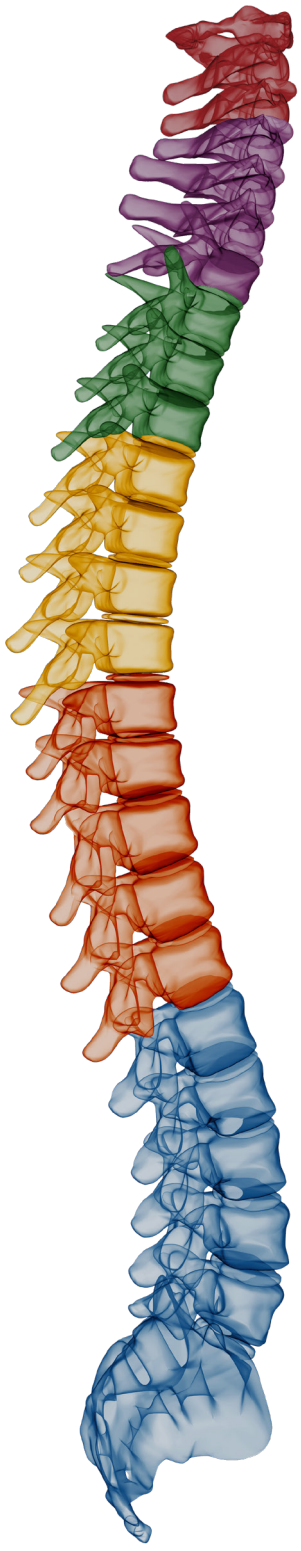
1468 County Road E E, Vadnais Heights, MN | 651-340-3013

omcinfo@yahoo.com | www.olivemechiro.com

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	SYMPTOMS			
		PAST	PRESENT		PAST	PRESENT	
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	☐	☐	Epilepsy & Seizures
		☐	☐	Ear & Sinus Infections	☐	☐	Sensory & Spectrum
		☐	☐	Allergies & Congestion	☐	☐	ADD / ADHD
		☐	☐	Immune Deficiency	☐	☐	Focus & Memory Issues
		☐	☐	Headaches & Migraines	☐	☐	Anxiety & Stress
		☐	☐	Vertigo & Dizziness	☐	☐	Balance & Coordination
		☐	☐	Sore Throat & Strep	☐	☐	Speech Issues
		☐	☐	Swollen Tonsils & Adenoids	☐	☐	TMJ / Jaw Pain
		☐	☐	Vision & Hearing Issues	☐	☐	Stiff Neck & Shoulders
		☐	☐	Low Energy & Fatigue	☐	☐	Depression
		☐	☐	Difficulty Sleeping	☐	☐	High Blood Pressure
		☐	☐	Pain, Numbness & Tingling in Arms to Hands	☐	☐	Poor Metabolism & Weight Control
Upper Thoracic	• Upper G.I. • Respiratory System • Cardiac Function	☐	☐	Reflux / GERD	☐	☐	Bronchitis & Pneumonia
		☐	☐	Chronic Colds & Cough	☐	☐	Functional Heart Conditions
		☐	☐	Asthma			
Mid Thoracic	• Major Digestive Center • Detox & Immunity	☐	☐	Gallbladder Pain / Issues	☐	☐	Indigestion & Heartburn
		☐	☐	Jaundice	☐	☐	Stomach Pains & Ulcers
		☐	☐	Fever	☐	☐	Blood Sugar Problems
Lower Thoracic	• Stress Response • Filtration & Elimination • Gut & Digestion • Hormonal Control	☐	☐	Behavior Issues	☐	☐	Allergies & Eczema
		☐	☐	Hyperactivity	☐	☐	Skin Conditions / Rash
		☐	☐	Chronic Fatigue	☐	☐	Kidney Problems
		☐	☐	Chronic Stress	☐	☐	Gas Pain & Bloating
Lumbar, Sacrum & Pelvis	• Lower G.I. (Absorption & Motility) • Gut-Immune System • Major Hormonal Control	☐	☐	Constipation	☐	☐	Sciatica & Radiating Pain
		☐	☐	Chrohn's, Colitis & IBS	☐	☐	Lumbopelvic / SI Joint Pain
		☐	☐	Diarrhea	☐	☐	Hamstring Tightness
		☐	☐	Bed-wetting	☐	☐	Disc Degeneration
		☐	☐	Bladder & Urination Issues	☐	☐	Leg Weakness & Cramps
		☐	☐	Cramps & Menstrual Issues	☐	☐	Poor Circulation & Cold Feet
		☐	☐	Cysts & Endometriosis	☐	☐	Knee, Ankle & Foot Pain
		☐	☐	Infertility	☐	☐	Weak Ankles & Arches
		☐	☐	Impotency	☐	☐	Lower Back Pain
		☐	☐	Hemorrhoids	☐	☐	Gluten & Casein Intolerance

Patient Name: _____ Date: _____