

515 Chiropractic and 515 SoftWave Regeneration Intake

(15-20 minutes)

1239 73rd Street, Des Moines, IA 50324 515-274-4444



Name: _____ Date of Birth: _____ Date: _____
Sex: _____ Height: _____ Weight: _____ Single Married Children: _____
Mobile #: _____ Work#: _____ Home #: _____

Address: _____ City: _____ State: _____ Zip: _____
Email: _____ How did you hear about our office? _____
Employer: _____ Duties: _____
Emergency Contact: _____ Relationship: _____ Phone: _____

(IF YOU WERE IN A CAR ACCIDENT PLEASE DON'T FILL THIS SECTION: COMPLETE "PERSONAL INJURY INTAKE" FORM)

Primary Complaint/Pain: _____ 2nd Complaint/Pain: _____ 3rd: _____

Describe the pain you are experiencing: (Check ALL that apply)

- Mild Mild to Moderate Moderate Moderate to Severe Severe Constant
- Frequent Intermittent Occasional Random ----- Tightness Stiffness Sharp Dull Aching Numbness
- Tingling Throbbing Anguish Burning Continuous Deep Depression Despair Discomfort Insidious Intense
- Malaise Melancholy Self-loathing Shooting Superficial

Rate the level of your pain on a scale of 1-10: (Circle)

(Very Little) 1-----2-----3-----4-----5-----6-----7-----8-----9-----10 (worst pain you have felt)

How frequent/percentage of the time do you feel the pain? (Circle)

0%-----10%-----20%-----30%-----40%-----50%-----60%-----70%-----80%-----90%-----100%

When did you first notice the pain? (Date) _____ **What caused the pain?** _____

Does the pain radiate/Travel? Shoulder Arm Leg → Front Back Side Other/More: _____

Have you had this symptoms before? Yes/No Date: _____ **Are your symptoms getting:** (Circle) Better/Worse/Same

What aggravates the pain? (Check ALL that apply)

- Medications Bending Twisting Lying down Sitting
- Sitting to standing Standing Walking Almost any movement Reaching Exercise Bowling Carrying
- Cleaning Climbing Cooking Coughing Crawling Cycling Dressing Driving Eating Gardening
- Heat Ice Jumping Kneeling Lifting Golf Tennis Pulling Pushing Resting Running Sex
- Sleeping Sliding Sneezing Stooping Swinging Turning Typing Work Other: _____

What makes it improved? (Check ALL that apply)

- Nothing Chiropractic Ice Medications Bending Twisting
- Lying down Sitting Sitting to standing Standing Walking Almost any movement Reaching Exercise
- Bowling Carrying Cleaning Climbing Cooking Coughing Crawling Cycling Dressing Driving
- Eating Gardening Heat, Ice Jumping Kneeling Lifting Golf Tennis Pulling Pushing Resting
- Running Sex Sleeping Sliding Sneezing Stooping Swinging Turning Typing Work Other: _____

What is your health history? Stroke Arthritis High Blood pressure Digestive problems Depression Cancer

Other: _____

Family History: Father: Stroke Arthritis High Blood pressure Digestive problems Cancer Other: _____

Mother: Stroke Arthritis High Blood pressure Digestive problems Depression Cancer Other: _____

Ethnicity: Indian/Alaskan Native Asian Black/African American White(Caucasian) Pacific Islander

Hispanic/Latino Non-Hispanic/Latino Decline --- **List Allergies:** _____

Please list current medications and Purpose: _____ _____

_____ _____ _____

Insurance company: Primary: _____ **Secondary:** _____

Auto Accident or Workers Compensation Claim #: _____ **Date of Injury:** _____

I certify that I am the patient or guardian listed above. I have read/understand the included information and certify it to be true and accurate to the best of my knowledge. I consent to the collection and use of this information in this office.

Patient's/Guardian's Signature _____ **Date:** _____

515 Chiropractic and 515 SoftWave Regeneration

Terms of Acceptance

When a patient seeks chiropractic health care and we accept a patient for such care, it is essential for both to be working towards the same objective.

Chiropractic has only one goal. It is important that each patient understand both the objective and the method that will be used to attain it. This will prevent any confusion or disappointment.

Adjustment: An adjustment is the specific application of forces to facilitate the body's correction of vertebral subluxation. Our chiropractic method of correction is by specific adjustments of the spine.

Health: A state of optimal physical, mental and social well-being, not merely the absence of infirmity.

Vertebral Subluxation: A misalignment of one or more of the 24 vertebra in the spinal column which causes alteration of nerve function and interference to the transmission of mental impulses, resulting in a lessening of the body's innate ability to express its maximum health potential.

We do not offer to diagnose or treat any disease or condition other than vertebral subluxation. However, if during the course of a chiropractic spinal examination, we encounter non-chiropractic or unusual findings, we will advise you. If you desire advice, diagnosis or treatment for those findings, we will recommend that you seek the services of a health care provider who specializes in that area.

Regardless of what the disease is called, we do not offer to treat it. Nor do we offer advice regarding treatment prescribed by others. OUR ONLY PRACTICE OBJECTIVE is to eliminate a major interference to the expression of the body's innate wisdom. Our only method is specific adjusting to correct vertebral subluxation.

I have read and fully understand the above statements. All questions regarding the doctor's objectives pertaining to my care in this office have been answered to my complete satisfaction. I therefore accept chiropractic care on this basis.

Patient Health Information Consent Form

We want you to know how your Patient Health Information (PHI) is going to be used in this office and your rights concerning those records. Before we will begin any health care operations we must require you to read and sign this consent form stating that you understand and agree with how your records will be used. If you would like to have a more detailed account of our policies and procedures concerning the privacy of your Patient Health Information we encourage you to read the HIPAA NOTICE that is available to you at the front desk before signing this consent.

1. The patient understands and agrees to allow this chiropractic office to use their Patient Health Information (PHI) for the purpose of treatment, payment, healthcare operations, and coordination of care. As an example, the patient agrees to allow this chiropractic office to submit requested PHI to the Health Insurance Company (or companies) provided to us by the patient for the purpose of payment. Be assured that this office will limit the release of all PHI to the minimum needed for what the insurance companies require for payment.
2. The patient has the right to examine and obtain a copy of his or her own health records at any time and request corrections. The patient may request to know what disclosures have been made and submit in writing any further restrictions on the use of their PHI. Our office is not obligated to agree to those restrictions.
3. A patient's written consent need only be obtained one time for all subsequent care given the patient in this office.
4. The patient may provide a written request to revoke consent at any time during care. This would not affect the use of those records for the care given prior to the written request to revoke consent but would apply to any care given after the request has been presented.
5. For your security and right to privacy, all staff has been trained in the area of patient record privacy and a privacy official has been designated to enforce those procedures in our office. We have taken all precautions that are known by this office to assure that your records are not readily available to those who do not need them.
6. Patients have the right to file a formal complaint with our privacy official about any possible violations of these policies and procedures.
7. If the patient refuses to sign this consent for the purpose of treatment, payment and health care operations, our office has the right to refuse to give care.

X-ray Release

This is to certify that the doctors at 515 Chiropractic have my permission to perform an X-ray evaluation. To the best of my knowledge I am not pregnant and I have been advised that x-ray can be hazardous to an unborn child.

Consent to Care for Minor

I authorize the doctors at 515 Chiropractic and whomever he may designate as his assistant to administer care as he so deems necessary to my son/daughter.

Insurance

I understand that health and accident insurance policies are an arrangement between an insurance carrier and me. I understand that 515 Chiropractic will prepare any necessary reports and forms to assist me in making collection from the insurance company and that any amount authorized to be paid directly to 515 Chiropractic and 515 SoftWave Regeneration will be credited to my account on receipt. Your insurance company will only pay for services that they determine are medically necessary. I understand that some or all services provided for me might not be covered by my contract benefits. I understand that all services rendered me are charged directly to me and I am personally responsible for payment. I understand that if I suspend or terminate my care, any fees for services rendered me will be immediately due and payable.

I have read and understand the above and I agree to these policies and procedures.

Terms of Acceptance Patient Health Information Consent Form X-ray Release Minor Consent Insurance

Signature: _____

Date: _____

515 Chiropractic and 515 SoftWave Regeneration

Neck Disability Questionnaire

Name:		Age:		Date:	
SECTION 1 – Pain Intensity A. I have no pain at the moment. B. The pain is very mild at the moment. C. The pain is moderate at the moment. D. The pain is fairly severe at the moment. E. The pain is very severe at the moment. F. The pain is worst imaginable at the moment.			SECTION 6 – Concentration A. I can concentrate fully when I want to with no difficulty. B. I can concentrate fully when I want to with slight difficulty. C. I have a fair degree of difficulty in concentrating when I want to. D. I have a lot of difficulty in concentrating when I want to. E. I have a great deal of difficulty in concentrating when I want to. F. I cannot concentrate at all.		
SECTION 2 – Personal Care A. I can look after myself normally without causing extra pain. B. I can look after myself normally, but it causes extra pain. C. It is painful to look after myself and I am slow and careful. D. I need some help, but manage most of my personal care. E. I need help every day in most aspects of self care. F. I do not get dressed; I wash with difficulty and stay in bed.			SECTION 7 - Work A. I can do as much work as I want to. B. I can only do my usual work, but no more. C. I can do most of my usual work, but no more. D. I cannot do my usual work. E. I can hardly do any work at all. F. I cannot do any work at all.		
SECTION 3 – Lifting A. I can lift heavy weights without extra pain. B. I can lift heavy weights but it gives me extra pain. C. Pain prevents me from lifting heavy weights off the floor. D. Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned. E. Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned. F. I can only lift very light weights, at the most.			SECTION 8 –Driving A. I can drive without any neck pain. B. I can drive as long as I want with slight pain in my neck. C. I can drive as long as I want with moderate pain in my neck. D. I cannot drive as long as I want because of moderate pain in my neck. E. I can hardly drive at all because of severe pain in my neck. F. I cannot drive at all.		
SECTION 4 – Reading A. I can read as much as I want to with no pain in my neck. B. I can read as much as I want to with slight pain in my neck. C. I can read as much as I want to with moderate pain in my neck. D. I cannot read as much as I want because of moderate pain in my neck. E. I cannot read as much as I want because of severe pain in my neck. F. I cannot read at all.			SECTION 9 - Sleeping A. I have no trouble sleeping. B. My sleep is slightly disturbed (less than 1 hr sleepless). C. My sleep is mildly disturbed (1-2 hours sleepless). D. My sleep is moderately disturbed (2-3 hours sleepless). E. My sleep is greatly disturbed (3-5 hours sleepless). F. My sleep is completely disturbed (5-7 hours).		
SECTION 5 - Headaches A. I have no headaches at all. B. I have slight headaches which come infrequently. C. I have moderate headaches which come infrequently. D. I have moderate headaches which come frequently. E. I have severe headaches which come frequently. F. I have headaches almost all the time.			SECTION 10 – Recreation A. I am able to engage in all of my recreational activities with no neck pain at all. B. I am able to engage in all of my recreational activities with some pain in my neck. C. I am able to engage in most, but not all of my recreational activities because of pain in my neck. D. I am able to engage in a few of my recreational activities because of pain in my neck. E. I can hardly do any recreational activities because of pain in my neck. F. I cannot do any recreational activities at all.		

Back Disability Questionnaire

Name:		Age:		Date:	
Section 1- Pain Intensity A. The pain comes and goes and is very mild. B. The pain is mild and does not vary much. C. The pain comes and goes and is moderate. D. The pain is moderate and does not vary much. E. The pain comes and goes and is severe. F. The pain is severe and does not vary much.			Section 6- Standing A. I can stand as long as I want without pain. B. I have some pain while standing, but it does not increase with time. C. I cannot stand for longer than 1 hour without increasing pain. D. I cannot stand for longer than ½ hour without increasing pain. E. I cannot stand for longer than 10 minutes without increasing pain. F. Pain prevents me from standing at all.		
Section 2- Personal Care A. I would not have to change my way of washing or dressing in order to avoid pain. B. I do not normally change my way of washing or dressing even though it causes some pain. C. Washing and dressing increases the pain, but I manage not to change my way of doing it. D. Washing and dressing increases the pain and I find it necessary to change my way of doing it. E. Because of the pain, I am unable to do some washing and dressing without help. F. Because of the pain, I am unable to do any washing or dressing without help.			Section 7- Sleeping A. I get no pain in bed. B. I get pain in bed, but it does not prevent me from sleeping well. C. Because of pain, my normal night's sleep is reduced by less than one-quarter. D. Because of pain, my normal night's sleep is reduced by less than one-half. E. Because of pain, my normal night's sleep is reduced by less than three-quarters. F. Pain prevents me from sleeping at all.		
Section 3- Lifting A. I can lift heavy weights without extra pain. B. I can lift heavy weights but it gives me extra pain. C. Pain prevents me from lifting heavy weights off the floor. D. Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned. E. Pain prevents me from lifting heavy weights, but I can manage light to medium weights if conveniently positioned. F. I can only lift very light weights, at the most.			Section 8- Social Life A. My social life is normal and gives me no pain. B. My social life is normal, but increases the degree of my pain. C. Pain has no significant effect on my social life apart from limiting my more energetic interests, eg, dancing. D. Pain has restricted my social life and I do not go out very often. E. Pain has restricted my social life to my home. F. I have hardly any social life because of the pain.		
Section 4- Walking A. Pain does not prevent me from walking any distance. B. Pain prevents me from walking more than 1 mile. C. Pain prevents me from walking more than ½ mile. D. Pain prevents me from walking more than ¼ mile. E. I can only walk using a stick or crutches. F. I am in bed most of the time and have to crawl to the toilet.			Section 9- Traveling A. I get no pain while traveling. B. I get some pain while traveling but none of my usual forms of travel make it any worse. C. I get extra pain while traveling but it does not compel me to seek alternative forms of travel. D. I get extra pain while traveling which compels me to seek alternative forms of travel. E. Pain restricts all forms of travel. F. Pain prevents all forms of travel except that done lying down.		
Section 5- Sitting A. I can sit in any chair as long as I like without pain. B. I can only sit in my favorite chair as long as I like. C. Pain prevents me sitting more than 1 hour. D. Pain prevents me sitting more than ½ hour. E. Pain prevents me sitting more than 10 minutes. F. Pain prevents me sitting at all.			Section 10- Changing Degree of Pain A. My pain is rapidly getting better. B. My pain fluctuates, but overall is definitely getting better. C. My pain seems to be getting better, but improvement is slow at present. D. My pain is neither getting better nor worse. E. My pain is gradually worsening. F. My pain is rapidly worsening.		