

CONFIDENTIAL PATIENT INFORMATION

Name: _____ Date: _____

 Address: _____
 _____ City, Province
 _____ Postal Code

 Telephone Home: (____) _____ Work: (____) _____
 Mobile: (____) _____ Other Phone: (____) _____

Which is the best time and phone number to reach you? _____

E-mail: _____

Your email address will only be used as a method of contacting you if necessary.

Date of Birth: _____ (DD/MM/YY) Age: _____ Sex: _____

Occupation: _____ Employer's Name: _____

Marital Status: _____ Children/Ages: _____

Emergency Contact: _____

Home: (____) _____ Other: (____) _____

Family Doctor (MD): _____ Phone: _____

How long since your last full physical examination with a medical doctor? _____

May we follow up with your medical doctor regarding your care? Yes No

How did you find out about our clinic? _____

Is there a specific person we may thank for your visit? _____

I understand and agree that: a) fees are payable at the time of service b) WNCM is authorized to leave a message at the numbers above, or specific arrangements have been made. Please initial: _____

If you have an injury to be covered by the Workplace Safety and Insurance Board (WSIB) or automobile insurance, please inform the receptionist.



Name: _____

Date of Birth: _____ (DD/MM/YY)

Current Condition

If you have a specific condition please complete these questions, otherwise go on to the next section of this form.

What is your major complaint? _____

Did it begin:

- Suddenly
- Gradually

Is the condition:

- Getting worse
- Getting better
- Consistent
- Comes and goes

Is there pain:

- At night
- On coughing or sneezing

Describe if the pain travels: _____

Please mark your area(s) of concern using the symbols that you feel best describe what you are experiencing:

Numbness - - - - -

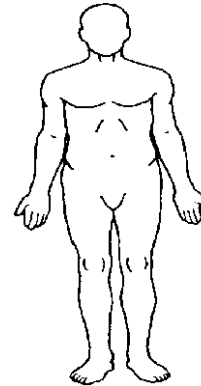
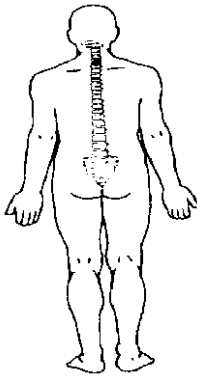
Burning # # # # #

Stabbing + + + + +

Pins & Needles : : : : :

Aching * * * * *

Stiff/Tight / / / / / / /



Place an "X" on the line to indicate the amount of pain/discomfort associated with your condition:

No Pain [0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10] Worst Pain Ever

How long has this been a problem? _____

If there was an injury or event that lead up to this condition, please describe: _____

Which activities or positions cause aggravation? _____

Which activities or positions provide relief? _____

Please describe any past episodes: _____

If any health practitioner has previously treated you for this condition, please specify:

Location: _____ When: _____ Nature of Treatment: _____

May we follow up? Yes No

Has anyone else in your family had a similar complaint? _____

Have you had an automobile accident? Yes No If yes, when?: _____

Describe any other accidents or falls that involved injury: _____

If you have ever been told you have a congenital malformation of the vertebral column, please specify: _____

Other areas of concern: _____



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Name: _____

Date of Birth: _____ (DD/MM/YY)

Personal Health History

Describe any previous chiropractic care (if applicable):

Location: _____ When: _____

Type of Treatment: _____ Outcome: _____

Have you had any X-ray/MRI/ultrasound/CAT scan/bone scan taken in the last five years (other than dental)?

No Yes Which areas of the body? _____

Please indicate any current or past conditions, even if they seem unrelated to your present condition:

- | | | |
|--------------------------------------------------------|--------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> neck pain/stiffness | <input type="checkbox"/> thyroid dysfunction | <input type="checkbox"/> diabetes (type I/II) |
| <input type="checkbox"/> headaches | <input type="checkbox"/> sleep apnea | <input type="checkbox"/> cancer |
| <input type="checkbox"/> shoulder pain | <input type="checkbox"/> tremors | <input type="checkbox"/> chest pain |
| <input type="checkbox"/> pain in arms or hands | <input type="checkbox"/> weakness | <input type="checkbox"/> heart disease |
| <input type="checkbox"/> low back pain | <input type="checkbox"/> fainting | <input type="checkbox"/> stroke |
| <input type="checkbox"/> pain in legs or feet/sciatica | <input type="checkbox"/> dizziness/vertigo | <input type="checkbox"/> hardening of arteries |
| <input type="checkbox"/> spinal curvature | <input type="checkbox"/> earaches/ear discharge | <input type="checkbox"/> high/low blood pressure |
| <input type="checkbox"/> swollen joints | <input type="checkbox"/> ear ringing/buzzing | <input type="checkbox"/> poor circulation |
| <input type="checkbox"/> arthritis | <input type="checkbox"/> deafness | <input type="checkbox"/> rapid/slow heart beat |
| <input type="checkbox"/> bursitis | <input type="checkbox"/> double/blurred vision | <input type="checkbox"/> osteoporosis |
| <input type="checkbox"/> allergies/food sensitivities | <input type="checkbox"/> near or far sightedness | <input type="checkbox"/> bed wetting |
| <input type="checkbox"/> digestion dysfunction | <input type="checkbox"/> enlarged glands | <input type="checkbox"/> painful urination |
| <input type="checkbox"/> gall bladder problems | <input type="checkbox"/> loss of weight | <input type="checkbox"/> prostate trouble |
| <input type="checkbox"/> kidney stones | <input type="checkbox"/> depression/anxiety | <input type="checkbox"/> cramps/painful periods |
| <input type="checkbox"/> jaundice/liver problems | <input type="checkbox"/> asthma | <input type="checkbox"/> irregular cycles |
| <input type="checkbox"/> hernia | <input type="checkbox"/> sinus infection | <input type="checkbox"/> gynecological problems |
| <input type="checkbox"/> autoimmune disorder | <input type="checkbox"/> breathing dysfunction | <input type="checkbox"/> menopausal |
| <input type="checkbox"/> ankylosing spondylitis | <input type="checkbox"/> bruise easily | <input type="checkbox"/> pregnant |
| <input type="checkbox"/> multiple sclerosis | <input type="checkbox"/> varicose veins | |
| <input type="checkbox"/> other _____ | | |

Do you have a pacemaker or IUD? _____

If you have ever been hospitalized, please specify:

Location: _____ When: _____

Nature of Treatment: _____

Please list prescription medications, natural remedies and vitamins that you've taken in the last 3 months:

Medication/Over the Counter Supplement /Vitamin	Reason for use?

Do you often wear shoe inserts?

Yes No

If yes, are they: Heel lifts Off the shelf, store-bought insoles/orthotics Custom orthotics

How old are they? _____ When were they last checked? _____

How long has it been since you have felt really good? _____



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Family History

Has anyone in your family had any of the following conditions?

- | | |
|-------------------------------------------------|--------------------|
| <input type="checkbox"/> Autoimmune disorder | Relationship _____ |
| <input type="checkbox"/> Ankylosing Spondylitis | Relationship _____ |
| <input type="checkbox"/> Arthritis/Rheumatism | Relationship _____ |
| <input type="checkbox"/> Multiple Sclerosis | Relationship _____ |
| <input type="checkbox"/> Muscular Dystrophy | Relationship _____ |
| <input type="checkbox"/> Back Pain | Relationship _____ |

- | | |
|-------------------------------------------------|--------------------|
| <input type="checkbox"/> Cardiac/Heart Problems | Relationship _____ |
| <input type="checkbox"/> High Blood Pressure | Relationship _____ |
| <input type="checkbox"/> Low Blood Pressure | Relationship _____ |
| <input type="checkbox"/> Stroke | Relationship _____ |
| <input type="checkbox"/> Diabetes (type?) | Relationship _____ |
| <input type="checkbox"/> Cancer (type?) | Relationship _____ |

Lifestyle

Please describe your use of:

- | | | | |
|---------------------|-----------------------|----------------------------------------------|-------------------------------------------|
| • Tobacco: _____ | Packs per week _____ | Type of bed: _____ | Age of your pillow: _____ |
| • Alcohol: _____ | Drinks per week _____ | <input type="checkbox"/> Sleep on back | <input type="checkbox"/> Flat pillow |
| • Tea/Coffee: _____ | Cups per week _____ | <input type="checkbox"/> Sleep on left side | <input type="checkbox"/> Contoured pillow |
| • Exercise: _____ | Times per week _____ | <input type="checkbox"/> Sleep on right side | |
| • Sleep: _____ | Hours per night _____ | <input type="checkbox"/> Sleep on stomach | |

Describe your physical activities/exercises. Please include the frequency, distances, times, etc:

Please describe your diet, eating patterns and fluid intake:

Place an "X" on the line to indicate the amount of stress associated with your current lifestyle:

No Stress [0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10] Worst Stress Ever

Please describe what you do during your work day (standing, sitting, driving, lifting, hammering, etc):

- If at a desk, Are your computer monitor(s): in front of you off to the side (Right/Left)
- Is your keyboard: on the desk on a keyboard tray
- With which hand do you use your mouse/track pad? left right
- Do you: sit back in your chair lean forward sit on the edge of the seat
- a combination stand

Chiropractic is beneficial for restoring, maintaining and improving health and wellness. Please indicate the goals you wish to achieve by visiting this clinic:

- Pain relief from your current health problem
- Maintaining health
- Improving health

Consent to Consultation and Examination

I consent to consultation and examination to determine if chiropractic treatment would be beneficial to me. I understand that the examination may cause some tenderness and/or discomfort, but that it will be short-lived.

Name (print): _____ Signature: _____ Date: _____



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CONSENT TO CHIROPRACTIC TREATMENT

It is important for you to consider the benefits, risks and alternatives to the treatment options offered by your chiropractor and to make an informed decision about proceeding with treatment.

Chiropractic treatment includes adjustment, manipulation and mobilization of the spine and other joints of the body, soft-tissue techniques such as massage, and other forms of therapy including, but not limited to, electrical or light therapy and exercise.

Benefits

Chiropractic treatment has been demonstrated to be effective for complaints of the neck, back and other areas of the body caused by nerves, muscles, joints and related tissues. Treatment by your chiropractor can relieve pain, including headache, altered sensation, muscle stiffness and spasm. It can also increase mobility, improve function, and reduce or eliminate the need for drugs or surgery.

Risks

The risks associated with chiropractic treatment vary according to each patient's condition as well as the location and type of treatment.

The risks include:

- **Temporary worsening of symptoms** – Usually, any increase in pre-existing symptoms of pain or stiffness will last only a few hours to a few days.
- **Skin irritation or burn** – Skin irritation or a burn may occur in association with the use of some types of electrical or light therapy. Skin irritation should resolve quickly. A burn may leave a permanent scar.
- **Sprain or strain** – Typically, a muscle or ligament sprain or strain will resolve itself within a few days or weeks with some rest, protection of the area affected and other minor care.
- **Rib fracture** – While a rib fracture is painful and can limit your activity for a period of time, it will generally heal on its own over a period of several weeks without further treatment or surgical intervention.
- **Injury or aggravation of a disc** – Over the course of a lifetime, spinal discs may degenerate or become damaged. A disc can degenerate with aging, while disc damage can occur with common daily activities such as bending or lifting. Patients who already have a degenerated or damaged disc may or may not have symptoms. They may not know they have a problem with a disc. They also may not know their disc condition is worsening because they only experience back or neck problems once in a while.

Chiropractic treatment should not damage a disc that is not already degenerated or damaged, but if there is a pre-existing disc condition, chiropractic treatment, like many common daily activities, may aggravate the disc condition.

- The consequences of disc injury or aggravating a pre-existing disc condition will vary with each patient. In the most severe cases, patient symptoms may include impaired back or neck mobility, radiating pain and numbness into the legs or arms, impaired bowel or bladder function, or impaired leg or arm function. Surgery may be needed.



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- **Stroke** – Blood flows to the brain through two sets of arteries passing through the neck. These arteries may become weakened and damaged, either over time through aging or disease, or as a result of injury. A blood clot may form in a damaged artery. All or part of the clot may break off and travel up the artery to the brain where it can interrupt blood flow and cause a stroke.

Many common activities of daily living involving ordinary neck movements have been associated with stroke resulting from damage to an artery in the neck, or a clot that already existed in the artery breaking off and travelling up to the brain.

Chiropractic treatment has also been associated with stroke. However, that association occurs very infrequently, and may be explained because an artery was already damaged and the patient was progressing toward a stroke when the patient consulted the chiropractor. Present medical and scientific evidence does not establish that chiropractic treatment causes either damage to an artery or stroke.

The consequences of a stroke can be very serious, including significant impairment of vision, speech, balance and brain function, as well as paralysis or death.

Alternatives

Alternatives to chiropractic treatment may include consulting other health professionals. Your chiropractor may also prescribe rest without treatment, or exercise with or without treatment.

Questions or Concerns

You are encouraged to ask questions at any time regarding your assessment and treatment. Bring any concerns you have to the chiropractor’s attention. If you are not comfortable, you may stop treatment at any time.

Please be involved in and responsible for your care. Inform your chiropractor immediately of any change in your condition.

DO NOT SIGN THIS FORM UNTIL YOU MEET WITH THE CHIROPRACTOR

I hereby acknowledge that I have discussed with the chiropractor the assessment of my condition and the treatment plan. I understand the nature of the treatment to be provided to me. I have considered the benefits and risks of treatment, as well as the alternatives to treatment. I hereby consent to chiropractic treatment as proposed to me.

Name (Please Print)

Signature of patient (or legal guardian) Date: _____ 20____

Signature of chiropractor Date: _____ 20____



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