RE:FORM

BODY CLINIC

Our intake and adjustment plan is a unique approach to **achieving and maintaining optimal health.**

Today in Canada, and the rest of the western world, the priority in health care is to help people after they are already sick. That is a backwards approach to health care, and it is why as a nation we are getting sicker and sicker. Recently a medical researcher stated it plainly, **"We are not living longer we are dying longer."** In other words, we have the capacity to keep people alive for longer and longer durations, but the majority of these people do not have a good quality of life. They cannot do most of the things that would allow them to live fulfilling lives.

Wouldn't it be great if we could work at staying healthy, instead of waiting to get sick? What if we could role back the biological clock on the average Canadian? What if 50 really was the new 40? Or 60 was the new 50?

What if we could set up a system to allow you to do things at the age of 50 that you thought were impossible to do at the age of 40, or 30 for that matter?

That is exactly what our intake and exam process is designed to do. We are here to help you live longer and healthier, not die longer!!

How does our intake and exam process work?

1. HEALTH DANGERS – DISCOVERY

Unique questions will lead to new answers.

We will begin by looking at the current state of your health and wellness. In essence, how are you doing right now? We will also ask you some detailed questions about your **history** and your **family health history**.

It is important to understand that your current health problem started years ago and was multi-factorial in origin. The only exception would be an acute trauma like a car accident or severe sports injury. Even with acute traumas the extent of the injuries is most often dependent on your health before the accident. Your answers to the following questions offer up clues to what dangers your body is currently encountering and will give us a base line for comparison to future outcomes.

2. DISEASE CAUSATION ANALYSIS

We will explore which lifestyle factors are affecting your overall health and your ability to live fully alive. It is a well-known fact that 80% of the risk factors for the two most feared killers; heart disease and cancer, are lifestyle related. The same is true for the majority of chronic illnesses affecting patients today.

Let's get started in understanding your problem and finding a solution.

HEALTH DANGERS - DISCOVERY

PERSONAL INFORMATION

Name: ____________________

Address: ____________________

City: ____________________ Postal Code: ____________________

Email: ____________________

Home #: ____________________ Age: ______ Birth date: (M) ______ (D) ______ (Y) ______

Workplace: ____________________ Office #: ____________________ Occupation: ____________________

Referred by: ____________________

❍ Single ❍ Widowed ❍ Married (SPOUSE'S NAME): ____________________ ❍ Common Law/Partner (NAME): ____________________

Children's names & ages: ____________________ ____________________

____________________ ____________________

PREVIOUS TRAUMAS

MOTORIZED VEHICLE ACCIDENTS

Year: ____________ Injuries: ____________________

Year: ____________ Injuries: ____________________

Year: ____________ Injuries: ____________________

❍ High Speed Collisions >40km/h? ❍ Vehicles unrepairable?

❍ Whiplash injury? ❍ Un-belted accident?

SPORTS & RECREATION:

Sports injuries: ____________________

____

Participation in High Impact Activities:

❍ Hockey ❍ Wrestling ❍ Basketball

❍ Running ❍ Mountain bike ❍ Climbing

❍ Football ❍ Gymnastics ❍ ____________

FALLS

Falls from heights ____________________

Falls down stairs ____________________

Other falls ____________________

Broken bones ____________________

Childhood falls ____________________

____

____

Falls from:

❍ Trees ❍ Roof ❍ Play structure ❍ Bicycle

OCCUPATIONAL STRESSES

Occupation ____________________

Tasks ____________________

Work injuries ____________________

____

Home injuries ____________________

My job requires:

❍ Heavy Lifting ❍ Awkward positions

❍ Repetitive stresses ❍ Sitting long periods

POSTURES & HABITS

❍ Sitting >6 hours/day ❍ Stomach sleeper

❍ Head forward posture

BIRTH TRAUMA was your delivery

❍ Difficult ❍ Forceps ❍ C-section

❍ Epidural ❍ Suction ❍ Resuscitation

HEALTH DANGERS - DISCOVERY

WHAT ARE YOUR PRESENT HEALTH CONCERNS?

____

____

How long have you had this condition?

____

Have you had a similar condition in the past?

____

What activities aggravate your condition?

____

What relieves your condition?

____

Are you getting pain or numbness in your arms or legs?

____

Is your condition getting progressively worse?

❍ Yes ❍ No ❍ It's constant ❍ It comes and goes

Pains are: ❍ Sharp ❍ Dull ❍ Burning

❍ Tightness ❍ Throbbing

Pain severity (mark on the line, 0 no pain; 10 most severe)

0 10

How is this condition interfering with your life?

❍ Work ❍ Daily Routine ❍ ______________________

Other doctors who treated this condition:

____

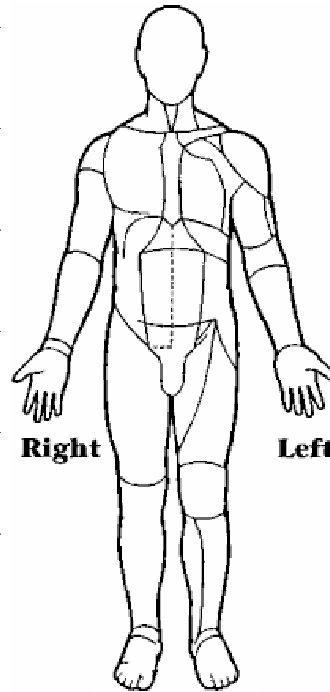
FAMILY HEALTH PROBLEMS?

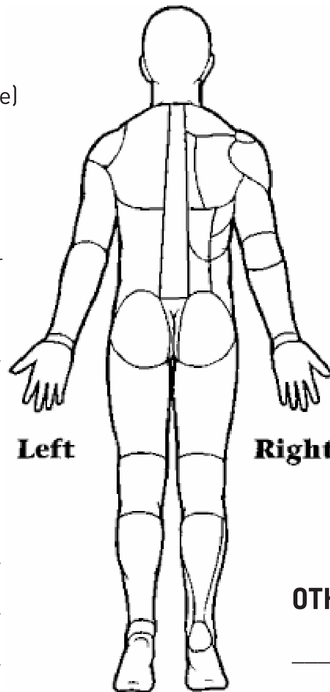
____

____

____

____





MARK WITH AN X ON THE DIAGRAM ANY PAST OR PRESENT PAIN OR PROBLEMS AND CHECK THE APPROPRIATE CIRCLE BELOW:

❍ Headaches ❍ Facial pain

❍ Vision problems ❍ Hearing problems

❍ Shoulder: Pain / Numbness / Tingling (circle)

❍ Arm: Pain / Numbness / Tingling (circle)

❍ Hand: Pain / Numbness / Tingling (circle)

❍ Hip: Pain / Numbness / Tingling (circle)

❍ Knee: Pain / Numbness / Tingling (circle)

❍ Foot: Pain / Numbness / Tingling (circle)

❍ Neck Pain

❍ Upper Back Pain

❍ Middle Back Pain

❍ Low Back Pain

❍ Sacroiliac Pain

OTHER HEALTH PROBLEMS?

____

____

____

____

HEALTH DANGERS - DISCOVERY

PLEASE CHECK ANY OF THE FOLLOWING SIGNS OF ORGAN MALFUNCTION OR DIS-EASE YOU HAVE EXPERIENCED:

❍ Blurred /failing vision
❍ Deafness /ringing in ears
❍ Earaches
❍ Sore throat /tonsilitis
❍ Thyroid problems
❍ Sinus problems

Cardiovascular system

❍ Chest Pain
❍ Shortness of Breath
❍ Heart Medication
❍ High Blood Pressure Medication
❍ High Cholesterol Medication
❍ Swelling of Legs

Respiratory system

❍ Frequent bronchitis
❍ History of pneumonia
❍ Chronic cough
❍ Spitting up phlegm /blood
❍ Difficulty breathing
❍ Tuberculosis
❍ Pneumonia

Digestive system

❍ Heartburn / indigestion
❍ Stomach Cramps
❍ Constipation /diarrhea
❍ Food Allergy
❍ Irritable Bowel Syndrome
❍ Crohn's Disease
❍ Ulcers
❍ Belching /gas
❍ Nausea or vomiting
❍ Liver /gall bladder trouble
❍ Colon trouble
❍ Black /bloody stool

Musculoskeletal system

❍ Painful Joints
❍ Painful Muscles
❍ Tendinitis
❍ Bursitis
❍ Arthritis

General Symptoms

❍ Fever / chills / sweats
❍ Frequent colds
❍ Fainting / dizziness
❍ Seizures / convulsions

❍ Headaches /migraine
❍ Neck pain /stiffness
❍ Tension across shoulders, L R
❍ Mid-back pain /stiffness
❍ Numbness /tinglining: hands /arms

General Symptoms

❍ Skin problems
❍ Tremors
❍ Loss of balance
❍ Unexplained weight loss/gain
❍ Anemia
❍ Alcoholism
❍ HIV/AIDS
❍ Loss of sleep
❍ Poor memory /concentration
❍ Learning disability
❍ Irritable /nervous /tension
❍ Depression /emotional problems
❍ Decreased energy / fatigue
❍ Tired /lethargic
❍ Autoimmune Disease
❍ Antibiotic Use
❍ Cancer: ____________________
❍ Allergies / Asthma
❍ Scoliosis / spinal curvature
❍ Low back pain / stiffness
❍ Faulty posture
❍ Painful tailbone
❍ Foot trouble, L R

Females Only

❍ Painful menstruation
❍ Cramps or backaches
❍ Passed menopause
❍ Currently pregnant? ❍ Y ❍ N
❍ Excessive /irregular flow
❍ Abnormal discharge
❍ Miscarriages #________
❍ Date of last menstrual period: ___________________

HEALTH DANGERS - DISCOVERY

PERSONAL INFORMATION

How has your condition affected your quality of life? ______________________________

____

____

How has your condition affected you emotionally?______________________________

____

____

How has your condition affected your family life and/or relationships? ______________________________

____

____

If left uncorrected, how do you see your condition affecting your life over the next 1-5 years? ______________________________

____

____

If you are a candidate for spinal reconstruction and if we were having this conversation 12 months from today, what has to happen over that time to make you feel happy with your progress? ______________________________

____

____

What is your greatest motivation (other than pain) for seeking out a solution for your condition?
(Mobility, quality of life, family, participation in sports, etc.) ______________________________

____

____

____

Do you believe that this condition can improve? ______________________________

____

In your mind, what are some ways that you can help yourself get better?______________________________

____

____

____

DISEASE CAUSATION ANALYSIS

EXERCISE

Do you participate in aerobic exercise at least 30 minutes per day?

❍ 0 days /week ❍ 1-2 days /week
❍ 3-4 days /week ❍ 5-7 days /week

Do you lift weights or do resistance training?

❍ Personal Trainer: ___________________________________
❍ Gym membership / name of gym: ______________________
❍ Home program - self guided: __________________________
❍ DVD / name of program: _____________________________
❍ Other ____

What activities are you involved in that require balance?

❍ ______________________________ ❍ None

How often do you stretch per week?

❍ 0 days /week ❍ 1-2 days /week
❍ 3-4 days /week ❍ 5-7 days /week

EMOTIONAL STRESS

Are you currently experiencing, or have you ever experienced significant stress in the following areas?

❍ Marriage ____
❍ Kids ____
❍ Finances ____
❍ Work ____
❍ Elderly Parents - Caregiver ___________________________
❍ Recent Major Life Events (births, deaths) _______________
____

FAMILY HEALTH HISTORY

What significant health concerns have your family members experienced?

Parents / Siblings:___________________________________
____
Spouse / Partner:____________________________________
____
Children: ____
____
____

CHEMICAL STRESSES: NUTRITION

Do you feel that you make healthy food choices?

❍ Yes ❍ No ❍ Don't Know

How often, and/or how much? ___________________________

Do you have a high intake of fruits and vegetables?

❍ Yes ❍ No ❍ Don't Know

Do you have a high intake of lean meat for protein?

❍ Yes ❍ No ❍ Don't Know

Are you at your ideal body weight?

❍ Yes ❍ No ❍ Don't Know

CHEMICAL STRESSES: TOXIC LOAD

Do you presently, or have in the past:

❍ Smoke? ❍ Carry excessive weight?
❍ Consume Alcohol? ❍ Take recreational drugs?

How often, and/or how much? ___________________________
____

MEDICATIONS

For what condition(s)? __________________________________
____
____
____
____
____

SURGERIES

For what condition(s)? List (year performed) ______________
____
____
____
____
____
____

Any other details that may assist the Doctor in understanding your lifestyle and health status: _________________________
____
____
____
____
____