

SYMPTOMS

HEAD

- Headache
- Entire head
- Back of head
- Forehead
- Temples
- Migraine
- Head feels heavy
- Lightheadedness
- Fainting
- Light bothers eyes
- Loss of smell/taste
- Dizziness
- Jaw pain
- Loss of hearing
- Ringing in ears
- Vertigo
- Sinusitis

NECK

- Pain in Neck
- Neck pain with movement
- Pinched nerve in neck
- Neck feels out of place
- Stiff neck
- Muscle Spasms
- Grinding/Popping sounds
- Arthritis in neck

MID-BACK

- Mid-back pain
- Pain between shoulder blades
- Sharp stabbing pain in mid-back
- Muscle spasms
- Rib pain

CHEST

- Chest pain
- Shortness of breath
- Pain around ribs
- Breathlessness
- Asthma
- Bronchitis
- Allergies

SHOULDERS

- Pain in shoulder joints
- Bursitis
- Can't raise arm
 - above shoulder level
 - over head
- Tension in shoulders
- Pinched nerve in shoulders

LOW BACK

- Low back pain
- Pain is worse when
 - working
 - lifting
 - stooping
 - standing
 - sitting
 - bending
 - coughing
 - other: _____
- Arising from stool
- Pinched nerve
- Slipped disc
- Low back feels out of place
- Muscle spasms
- Arthritis
- Tailbone pain

ABDOMINAL

- Stomach upset
- Ulcers
- Indigestion
- Gastritis
- Bloating
- Constipation
- Diarrhea
- Colic (for babies)

ARMS & HANDS

- Pain in upper arm
- Pain in forearm
- Pain in hands
- Pain in fingers
- Fingers go to sleep
- Hands cold
- Swollen joints in fingers
- Loss of grip strength
- Stiff joints
- Sweaty palms
- Tennis/golfer's elbow
- Carpal Tunnel Syndrome

HIPS, LEGS & FEET

- Pain in buttocks
- Pain in hip joint
- Pain down leg
- Leg cramps
- Pins & needles in leg
- Numbness of leg
- Feet feel cold
- Painful joints in toes
- Pain in knee
- Pain in foot
- Plantar Fasciitis
- Groin pull
- Cracked heels

GENERAL - PRESENT OR PAST

- Nervousness
- Irritable
- Depressed
- Fatigue
- Generally feel run-down
- Loss of sleep
- Weight gain
- Weight loss
- Use pillow under legs at night
- Jaw pain from chewing gum
- Anxiety
- Other: _____
- Incontinence/bladder leakage

Women Only:

- Date of last period: _____ Menstrual pain? _____ Cramping? _____
Severe PMS? _____ Are you now pregnant? _____ If yes, how long? _____
Infertility? _____ Menopause? _____ Hot flashes? _____ Painful breasts? _____