

Confidential Patient Health Record

Today's Date: ___/___/___

How did you hear about us? Family _____ Friend _____ Co-Worker _____
 Close to home/work Dr. _____ Yellow pages Drove by Insurance Plan Internet/Website
 Health Fair Other: _____

Personal Information

Last: _____ First: _____ Middle: _____
Birth Date: ___/___/___ Age: _____ Sex: Male Female
Home Phone: (____) _____ - _____ Cell Phone: (____) _____ - _____
Email Address: _____
Preferred contact method: Home Phone Cell Phone Email
Address: _____ Apt # _____
City: _____ State: _____ Zip: _____ Country: _____ County: _____
Primary Language: English French German Spanish other: _____
Marital Status: Single Married Widowed Divorced Separated

Emergency Contact

Last: _____ First: _____ Middle: _____
Address: _____ Apt # _____
City: _____ State: _____ Zip: _____ Country: _____ County: _____
Relationship: Spouse Relative Friend Other: _____
Email Address: _____
Home Phone: (____) _____ - _____ Cell Phone: (____) _____ - _____

Insurance Information:

Who Is Responsible for Your Bill? YOU and... (mark appropriate box(es)) Myself ONLY
 Spouse Worker's Comp Auto Insurance Medicare Medicaid Other (be specific): _____

YOU MAY PROVIDE US A COPY OF YOUR INSURANCE CARD IN LIEU OF FILLING THIS SECTION OUT

Insurance Company: _____ Health ID Card #: _____
Policy Holder's Name: _____ Group/Policy #: _____
Policy Holder's Date of Birth: _____ Relationship to Policy Holder: _____
Policy Holder's Social Security #: _____ - _____ - _____ Policy Holder's Phone #: _____

If you are USING INSURANCE BENEFITS to cover services, please read and sign below:

I hereby instruct the insurance company listed above to pay by check made out to and mailed directly to the following address. If my current policy prohibits direct payment to doctor, then I hereby also instruct and direct you to make out the check to me and mail it as follows:

**ARIZONA CHIROPRACTIC & HOLISTIC HEALTH CENTER
20831 N. SCOTTSDALE RD, SCOTTSDALE, AZ 85255**

For the professional or medical expense-benefits allowable and otherwise payable to me under my current insurance policy as payment toward the total charges for professional services rendered. This is a DIRECT ASSIGNMENT OF MY RIGHTS AND BENEFITS UNDER THIS POLICY. I understand that I am financially responsible for all charges whether or not paid by insurance. I further understand that I will be responsible for payment to any other facilities and/or health care providers that I may be referred to by Arizona Chiropractic and Holistic Health Center and any emergency transporting that may be required thereto. I also authorize the release of any information pertinent to my case to any insurance company, adjuster or attorney involved in the case. I hereby authorize the physician to release all information necessary, including diagnosis and the records of any exam or treatment rendered to me, in order to secure the payment of benefits. I authorize the use of this signature on all insurance claims, including electronic submissions.

Patient [or Parent/Guardian] Signature: _____ Date: _____

----- **OR** -----

If you DO NOT HAVE INSURANCE that cover services, please read and sign below:

I hereby acknowledge that I have no insurance that covers services, and I understand that all services are payable when treatment is rendered. I further understand that I will be responsible for payment to any other facilities and/or health care providers that I may be referred to by Arizona Chiropractic and Holistic Health Center and any emergency transport that may be required thereto.

I further acknowledge that the fees I am paying are discounted from the usual and customary fees for services and the discounted fees I am paying are being applied to the usual fees. In the event that my insurance status changes and/or I elect to use a third-party payer, the standard fees may apply.

Patient [or Parent/Guardian] Signature: _____ Date: _____

REVIEW OF SYSTEMS - (Currently have)

Below is a list of symptoms that may seem unrelated to the purpose of your appointment; however, these questions must be answered carefully as the problems can affect your overall course of care.

Constitutional:

- | | | | |
|---------------------------------|---|-----------------------------------|---|
| <input type="checkbox"/> fever | <input type="checkbox"/> fatigue | <input type="checkbox"/> weakness | <input type="checkbox"/> unintended weight loss |
| <input type="checkbox"/> chills | <input type="checkbox"/> daytime drowsiness | | <input type="checkbox"/> unintended weight gain |

Eyes/Vision:

- | | | | |
|---|---|-------------------------------------|--|
| <input type="checkbox"/> blindness | <input type="checkbox"/> change in vision | <input type="checkbox"/> field cuts | <input type="checkbox"/> photophobia |
| <input type="checkbox"/> blurred vision | <input type="checkbox"/> double vision | <input type="checkbox"/> glaucoma | <input type="checkbox"/> tearing |
| <input type="checkbox"/> cataracts | <input type="checkbox"/> eye pain | <input type="checkbox"/> itching | <input type="checkbox"/> wear glasses/contacts |

Ears, Nose and Throat:

- | | | | |
|--|---|---|--|
| <input type="checkbox"/> bleeding | <input type="checkbox"/> ear drainage | <input type="checkbox"/> history of head injury | <input type="checkbox"/> nosebleeds |
| <input type="checkbox"/> sore throat | <input type="checkbox"/> ear pain | <input type="checkbox"/> fainting | <input type="checkbox"/> postnasal drip |
| <input type="checkbox"/> dentures | <input type="checkbox"/> tinnitus (ringing in ears) | <input type="checkbox"/> dizziness | <input type="checkbox"/> rhinorrhea (runny nose) |
| <input type="checkbox"/> difficulty swallowing | <input type="checkbox"/> hearing loss | <input type="checkbox"/> headaches | <input type="checkbox"/> loss of sense of smell |
| <input type="checkbox"/> hoarseness | <input type="checkbox"/> discharge | <input type="checkbox"/> TMJ problems | <input type="checkbox"/> sinus infections |
| <input type="checkbox"/> frequent sore throats | <input type="checkbox"/> altered taste | <input type="checkbox"/> snoring | <input type="checkbox"/> nasal congestion |

Respiration:

- | | | |
|---------------------------------|--|--|
| <input type="checkbox"/> asthma | <input type="checkbox"/> coughing up blood | <input type="checkbox"/> sputum production |
| <input type="checkbox"/> cough | <input type="checkbox"/> shortness of breath | <input type="checkbox"/> wheezing |

Cardiovascular:

- | | | |
|---|---|---|
| <input type="checkbox"/> chest pain | <input type="checkbox"/> high blood pressure | <input type="checkbox"/> shortness of breath with exertion or exercise |
| <input type="checkbox"/> chest pressure | <input type="checkbox"/> low blood pressure | <input type="checkbox"/> angina (chest pain or discomfort) |
| <input type="checkbox"/> chest discomfort | <input type="checkbox"/> swelling of legs | <input type="checkbox"/> paroxysmal nocturnal dyspnea (waking at night w/ shortness of breath) |
| <input type="checkbox"/> palpitations | <input type="checkbox"/> claudication (leg pain/ache) | <input type="checkbox"/> orthopnea (difficulty breathing lying down) |
| <input type="checkbox"/> heart problems | <input type="checkbox"/> varicose veins | <input type="checkbox"/> racing heart beat |
| <input type="checkbox"/> ulcers | <input type="checkbox"/> heart murmur | |

Gastrointestinal:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> nausea | <input type="checkbox"/> constipation | <input type="checkbox"/> abnormal stool caliber | <input type="checkbox"/> vomiting blood |
| <input type="checkbox"/> vomiting | <input type="checkbox"/> black - tarry stools | <input type="checkbox"/> jaundice | <input type="checkbox"/> abnormal stool color |
| <input type="checkbox"/> abdominal pain | <input type="checkbox"/> hemorrhoids | <input type="checkbox"/> indigestion | <input type="checkbox"/> abnormal stool consistency |
| <input type="checkbox"/> diarrhea | <input type="checkbox"/> rectal bleeding | <input type="checkbox"/> heartburn | <input type="checkbox"/> belching |

Female:

- | | | | |
|--|---|---|--|
| <input type="checkbox"/> birth control | <input type="checkbox"/> cramps | <input type="checkbox"/> irregular menstruation | <input type="checkbox"/> vaginal bleeding |
| <input type="checkbox"/> breast lumps/pain | <input type="checkbox"/> frequent urination | <input type="checkbox"/> pregnancy | <input type="checkbox"/> vaginal discharge |
| <input type="checkbox"/> burning urination | <input type="checkbox"/> hormone therapy | <input type="checkbox"/> urine retention | |

Male:

- burning urination
- frequent urination
- prostate problems
- erectile dysfunction
- hesitancy/ dribbling
- urine retention

Endocrine:

- cold intolerance
- excessive hunger
- goiter
- unusual hair growth
- heat intolerance
- excessive thirst
- hair loss
- voice changes
- excessive appetite
- abnormal frequency of urination
- diabetes
- excessive sweating
- night sweats

Skin:

- changes in nail texture
- hair loss
- itching
- skin lesions / ulcers
- changes in skin color
- Eczema
- rash
- varicosities
- history of skin disorders
- Dermatitis

Nervous System:

- dizziness
- limb weakness
- seizures
- slurred speech
- facial weakness
- loss of consciousness
- sleep disturbance
- History of stroke
- tremor
- unsteadiness of gait/loss of balance
- fainting
- stress
- clumsiness
- change in bowel/bladder control
- headache
- loss of memory
- numbness/tingling in hands/feet
- migraines

Psychologic:

- depression
- memory loss
- convulsions
- anxiety
- anhedonia (no desire)
- confusion
- bi-polar disorder
- behavioral change
- insomnia (unable to sleep)
- mood swings

Allergy:

- anaphylaxis
- itching
- chronic nasal congestion
- frequent sneezing
- food intolerance
- acute nasal congestion
- rash
- hives

Hematologic:

- anemia
- blood clotting
- bruising easily
- lymph node swelling
- bleeding
- blood transfusion
- fatigue

PAST HEALTH HISTORY

Fill out carefully as these problems can affect your overall course of care.

Previous Care for this Same Condition:

Have you seen other doctors for THIS CONDITION? Yes No. If yes, Who? (Name) _____
 Type of Treatment: _____ Were you satisfied with the results of your treatment? Yes No
 Explain: _____

Current Medication (s): List ANY/ALL medications you are CURRENTLY taking. Be Specific.

| Medication | Dosage | For What Condition? | How long have you been taking this? |
|------------|--------|---------------------|-------------------------------------|
| | | | |
| | | | |
| | | | |

Current Vitamins, Herbs, Supplements: List ANY/ALL non-prescription items you are CURRENTLY taking.

| Medication | Dosage | For What Condition? | How long have you been taking this? |
|------------|--------|---------------------|-------------------------------------|
| | | | |
| | | | |
| | | | |

Allergies: Mark all that apply below.

- | | | | |
|--|--|------------------------------------|--|
| <input type="checkbox"/> Bactrim | <input type="checkbox"/> adhesive tape | <input type="checkbox"/> perfumes | <input type="checkbox"/> food coloring |
| <input type="checkbox"/> Ciprofloxacin | <input type="checkbox"/> animals | <input type="checkbox"/> smoke | <input type="checkbox"/> nuts |
| <input type="checkbox"/> Codeine | <input type="checkbox"/> bee sting | <input type="checkbox"/> soap | <input type="checkbox"/> peanuts |
| <input type="checkbox"/> Oxycodone | <input type="checkbox"/> feathers | <input type="checkbox"/> pollen | <input type="checkbox"/> shellfish |
| <input type="checkbox"/> Hydrocodone | <input type="checkbox"/> latex | <input type="checkbox"/> chocolate | <input type="checkbox"/> soy |
| <input type="checkbox"/> Sulfa drugs | <input type="checkbox"/> mold | <input type="checkbox"/> dairy | <input type="checkbox"/> wheat |
| <input type="checkbox"/> other: _____ | <input type="checkbox"/> newsprint | <input type="checkbox"/> eggs | <input type="checkbox"/> other: _____ |

Label the NUMBER (#) of the TYPE of reaction you have to EACH allergy immediately AFTER the allergy above:

- | | | | |
|----------------|-------------------|---------------|-------------------------|
| 1. angioedema | 3. GI disturbance | 5. joint pain | 7. shortness of breath |
| 2. anaphylaxis | 4. headache | 6. rash | 8. unspecified reaction |

Surgery (ies): LIST All Surgical Procedures. Write the DATE of the Procedure immediately afterward.

- | | | | |
|--|--|---|--|
| <input type="checkbox"/> ear tubes | <input type="checkbox"/> coronary artery bypass | <input type="checkbox"/> hysterectomy | <input type="checkbox"/> knee repair |
| <input type="checkbox"/> Lasik | <input type="checkbox"/> cardiac valve replacement | <input type="checkbox"/> D & C | <input type="checkbox"/> bunionectomy |
| <input type="checkbox"/> Cataract Surgery | <input type="checkbox"/> angioplasty | <input type="checkbox"/> cesarean section | <input type="checkbox"/> joint reconstruction |
| <input type="checkbox"/> tonsils | <input type="checkbox"/> gastric bypass | <input type="checkbox"/> transplant | <input type="checkbox"/> joint replacement |
| <input type="checkbox"/> adenoids | <input type="checkbox"/> appendectomy | <input type="checkbox"/> spinal fusion | <input type="checkbox"/> cosmetic - facelift |
| <input type="checkbox"/> dental surgery | <input type="checkbox"/> abdominal aortic aneurysm | <input type="checkbox"/> discectomy level | <input type="checkbox"/> cosmetic - nose |
| <input type="checkbox"/> wisdom teeth | <input type="checkbox"/> gallbladder | <input type="checkbox"/> laminectomy | <input type="checkbox"/> cosmetic - tummy tuck |
| <input type="checkbox"/> thyroid | <input type="checkbox"/> hernia repair | <input type="checkbox"/> shoulder | <input type="checkbox"/> breast reduction |
| <input type="checkbox"/> pacemaker | <input type="checkbox"/> hemorrhoidectomy | <input type="checkbox"/> carpal tunnel | <input type="checkbox"/> breast enlargement |
| <input type="checkbox"/> cardiac catheterization | <input type="checkbox"/> mastectomy | <input type="checkbox"/> ganglion cyst | <input type="checkbox"/> other: _____ |

Females ONLY: Ob/Gyn Mark all that apply below.

If you have been pregnant in the past, please fill in the appropriate information below.

- | | |
|--|--|
| ____ Number of complicated pregnancies | ____ Number of uncomplicated pregnancies |
| ____ Number of C-sections | ____ Number of vaginal deliveries |
| ____ Number of miscarriages | ____ Number of terminated pregnancies |
| <input type="checkbox"/> I am currently pregnant | <input type="checkbox"/> I am NOT currently pregnant |

Menstrual History.

- | | |
|---|--|
| I... <input type="checkbox"/> currently have menses | <input type="checkbox"/> currently DO NOT have menses. |
| My menses... <input type="checkbox"/> are regular | <input type="checkbox"/> are NOT regular |
| ____ Age of first menses | ____ Age when menopause began |
| Date of last menses: ____/____/____ | |

Injuries/Hospitalizations: Mark or List All Injuries. Write the DATE of the Injury immediately afterward.

- | | | | |
|---|---|--|---|
| <input type="checkbox"/> car accident | <input type="checkbox"/> slip and fall | <input type="checkbox"/> broken bones | <input type="checkbox"/> soft tissue injury |
| <input type="checkbox"/> multiple car accidents | <input type="checkbox"/> multiple slip and falls | <input type="checkbox"/> fracture | <input type="checkbox"/> back injury |
| <input type="checkbox"/> motorcycle accident | <input type="checkbox"/> industrial accident | <input type="checkbox"/> joint injury | <input type="checkbox"/> disability (ies) |
| <input type="checkbox"/> boating accident | <input type="checkbox"/> head injury (no loss of consciousness) | <input type="checkbox"/> laceration (severe) | <input type="checkbox"/> Blood transfusions |
| | <input type="checkbox"/> head injury (loss of consciousness) | | <input type="checkbox"/> other: |

Adult Illness (es): LIST all health conditions. CIRCLE all CURRENT conditions.

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Alzheimers | <input type="checkbox"/> Polio | <input type="checkbox"/> thyroid problems | <input type="checkbox"/> asthma |
| <input type="checkbox"/> Parkinson's disease | <input type="checkbox"/> Systemic lupus | <input type="checkbox"/> CRPS (RSDS) | <input type="checkbox"/> pneumonia |
| <input type="checkbox"/> seizures | <input type="checkbox"/> discoid lupus | <input type="checkbox"/> fibromyalgia | <input type="checkbox"/> emphysema |
| <input type="checkbox"/> epilepsy | <input type="checkbox"/> cerebral palsy | <input type="checkbox"/> cancer | <input type="checkbox"/> bronchitis |
| <input type="checkbox"/> anorexia | <input type="checkbox"/> eye problems | <input type="checkbox"/> eczema | <input type="checkbox"/> unspecified pleural effusion |
| <input type="checkbox"/> bulimia | <input type="checkbox"/> vertigo | <input type="checkbox"/> psoriasis | <input type="checkbox"/> lung disease |
| <input type="checkbox"/> anemia | <input type="checkbox"/> shingles | <input type="checkbox"/> arthritis | <input type="checkbox"/> liver disease |
| <input type="checkbox"/> depression | <input type="checkbox"/> chicken pox | <input type="checkbox"/> osteoporosis | <input type="checkbox"/> diabetes (non-insulin) |
| <input type="checkbox"/> suicide attempt(s) | <input type="checkbox"/> influenzal pneumonia | <input type="checkbox"/> herniated disc | <input type="checkbox"/> diabetes (insulin dep) |
| <input type="checkbox"/> psychiatric problems | <input type="checkbox"/> AIDS/HIV | <input type="checkbox"/> hernia | <input type="checkbox"/> crohn's/colitis |
| <input type="checkbox"/> ADHD | <input type="checkbox"/> STD's (unspecified) | <input type="checkbox"/> scoliosis | <input type="checkbox"/> kidney disease |
| <input type="checkbox"/> CVA (stroke) | <input type="checkbox"/> hepatitis | <input type="checkbox"/> hypertension | <input type="checkbox"/> past history of similar symptoms |
| <input type="checkbox"/> multiple sclerosis | | <input type="checkbox"/> heart disease | <input type="checkbox"/> other: |

Social History: Mark all that apply below.

Alcohol: never used alcohol do not drink alcohol social consumption only Recovering alcoholic
 Drink the following regularly: beer liquor wine other: _____
quantity of ____ oz./glasses per day week month

Tobacco: never used tobacco Do not use tobacco Do not smoke cigars, cigarettes or pipe
 Live with a smoker Quit smoking
 Smoke: # ____ per Day Week Month Chew: # ____ cans per Day Week Year

Substance: never used recreational drugs have not used recreational drugs since _____.
 never used IV drugs used recreational drugs for _____ (how long?) Recovering drug addict

Family History: Mark all that apply below.

| Have any immediate or secondary family members ever been diagnosed with? | Family Member(s) Diagnosed: | | | |
|--|------------------------------|-----------------------------|----------------------------------|--|
| Auto-immune Disease | <input type="checkbox"/> yes | <input type="checkbox"/> no | <input type="checkbox"/> unknown | |
| Alzheimer's/Dementia | <input type="checkbox"/> yes | <input type="checkbox"/> no | <input type="checkbox"/> unknown | |
| Arthritis | <input type="checkbox"/> yes | <input type="checkbox"/> no | <input type="checkbox"/> unknown | |
| Alcoholism | <input type="checkbox"/> yes | <input type="checkbox"/> no | <input type="checkbox"/> unknown | |
| Asthma | <input type="checkbox"/> yes | <input type="checkbox"/> no | <input type="checkbox"/> unknown | |
| Blood Disorders | <input type="checkbox"/> yes | <input type="checkbox"/> no | <input type="checkbox"/> unknown | |
| Bone Disorders | <input type="checkbox"/> yes | <input type="checkbox"/> no | <input type="checkbox"/> unknown | |
| Cancers | <input type="checkbox"/> yes | <input type="checkbox"/> no | <input type="checkbox"/> unknown | |
| Diabetes | <input type="checkbox"/> yes | <input type="checkbox"/> no | <input type="checkbox"/> unknown | |
| Epilepsy/Seizures | <input type="checkbox"/> yes | <input type="checkbox"/> no | <input type="checkbox"/> unknown | |
| High Blood Pressure | <input type="checkbox"/> yes | <input type="checkbox"/> no | <input type="checkbox"/> unknown | |
| High Cholesterol | <input type="checkbox"/> yes | <input type="checkbox"/> no | <input type="checkbox"/> unknown | |
| Kidney Disease | <input type="checkbox"/> yes | <input type="checkbox"/> no | <input type="checkbox"/> unknown | |
| Liver Disease | <input type="checkbox"/> yes | <input type="checkbox"/> no | <input type="checkbox"/> unknown | |
| Heart Attack/Disease | <input type="checkbox"/> yes | <input type="checkbox"/> no | <input type="checkbox"/> unknown | |
| Mental Health Disorder | <input type="checkbox"/> yes | <input type="checkbox"/> no | <input type="checkbox"/> unknown | |
| Stroke or Blood Clots | <input type="checkbox"/> yes | <input type="checkbox"/> no | <input type="checkbox"/> unknown | |

X-ray Questionnaire:

Our consultation and examination may indicate that x-rays are necessary to diagnose and analyze your condition accurately. Should x-rays be necessary we would like to confirm that you are not pregnant at this time.

There is a possibility that I may be pregnant at this time.

Yes, I am definitely pregnant

No, I am definitely not pregnant at this time

Date of last menstrual period:

I request that x-ray films not be taken because: _____

Patient [or Parent/Guardian] Signature: _____ Date: _____

ACKNOWLEDGEMENT OF RECEIPT OF NOTICE OF PRIVACY PRACTICES:

I acknowledge that I can view the Notice of Privacy Practices of Arizona Chiropractic and Holistic Health Center, which describes the practice policies and procedures regarding the use and disclosure of any of my Protected Health Information created, received, or maintained by the practice online at <https://azholistichealthcenter.com/about-us/notice-of-privacy-practices>. I have had the summary explained to me and understand the Practice will explain any questions I have regarding the complete privacy notice.

Patient [or Parent/Guardian] Signature: _____ Date: _____

Printed Name _____

CHIROPRACTIC INFORMATION & INFORMED CONSENT

The doctor of chiropractic evaluates the patient using standard examination and testing procedures. A chiropractic adjustment involves the application of a quick, precise force directed over a very short distance to a specific vertebra or bone. There are a number of different techniques that may be used to deliver the adjustment, some of which utilize specially designed equipment. Adjustments are usually performed by hand but may also be performed by hand-guided instruments. In addition to adjustments, other treatments used by chiropractors include physical therapy modalities (heat, ice, ultrasound, soft-tissue manipulation), nutritional recommendations, and rehabilitative procedures.

Chiropractic treatments are one of the safest interventions available to the public demonstrated through various clinical trials and indirectly reflected by the low malpractice insurance paid by chiropractors. While there are risks involved with treatment, these are seldom great enough to contraindicate care. Referral for further diagnosis or management to a medical physician or other health care provider will be suggested based on history and examination findings.

Listed below are summaries of both common and rare side-effects/complications associated with chiropractic care:

Common^{1,2}

- Reactions most commonly reported are local soreness/discomfort (53%), headaches (12%), tiredness (11%), radiating discomfort (10%), dizziness, the vast majority of which resolve within 48 hours

Rare^{3,4}

- Fractures or joint injuries in isolated cases with underlying physical defects, deformities or pathologies
- Physiotherapy bumps due to some therapies
- Disc herniations
- Cauda Equina Syndrome⁽²⁾ (1 case per 100 million adjustments)
- Compromise of the vertebrobasilar artery (i.e. stroke) (range: 1 case per 400,000 to 1 million cervical spine adjustments [manipulations]). This associated risk is also found with consulting a medical doctor for patients under the age of 45 and is higher for those older than 45 when seeing a medical doctor.

Please indicate to your doctor if you have headache or neck pain that is the worst you have ever felt⁽³⁾

I understand that there are beneficial effects associated with these treatment procedures including decreased pain, improved mobility and function, and reduced muscle spasm. I also understand that my condition may worsen and referral may be necessary if a course of chiropractic care does not help or improve my condition.

Reasonable alternatives to these procedures have been explained to me including prescription medications, over-the-counter medications, possible surgery, and non-treatment. Listed below are summaries of concerns with the associated alternative procedures.

- Long-term use or overuse of medication carries some risk of dependency with the use of pain medication and the risk of gastrointestinal bleeding among other risks
- Surgical risks may include unsuccessful outcome, complications such as infection, pain, reactions to anesthesia, and prolonged recovery⁽⁵⁾.
- Potential risks of refusing or neglecting care may result in increased pain, restricted motion, increased inflammation, and worsening of my condition⁽⁶⁾

Neck and back pain generally improve in time, however, recurrence is common. Remaining active and positive improves your chances of recovery.

1. Thiel HW, Bolton JE, Docherty S, Portlock JC. Safety of chiropractic manipulation of the cervical spine: a prospective national survey. *Spine*, Oct 1 2007; 32(21):2375-2378; discussion 2379.
2. Rubinstein SM, Leboeuf-Yde C, Knol DL, de Koekkoek TE, Pfeifle CE, van Tulder MW. The benefits outweigh the risks for patients undergoing chiropractic care for neck pain: a prospective, multicenter, cohort study. *J Manipulative Physiol Ther*. Jul-Aug 2007; 30(6):408-418.
3. Cassidy JD, Boyle E, Cote P, et al. Risk of vertebrobasilar stroke and chiropractic care: results of a population-based case-control and case-crossover study. *Spine*. Feb 15 2008; 33(4 Suppl):S176-183.
4. Boyle E, Cote P, Grier AR, Cassidy JO. Examining vertebrobasilar artery stroke in two Canadian provinces. *Spine*. Feb 15 2008; 33(4 Suppl):S170-175.
5. Carragee EJ, Hurwitz EL, Cheng I, et al. Treatment of neck pain: injections and surgical interventions: results of the Bone and Joint Decade 2000-2010 Task Force on Neck Pain and Its Associated Disorders, *Spine*, Feb 15 2008; 33(4 Suppl):S153-169.
6. Carroll LJ, Hogg-Johnson S, van der Velde G, et al. Course and prognostic factors for neck pain in the general population: results of the Bone and Joint Decade 2000-2010 Task Force on Neck Pain and Its Associated Disorders, *Spine*, Feb 15 2008; 33(4 Suppl):S75-82.

Please answer the following questions to help us determine possible risk factors:

| QUESTION | YES | NO | DOCTOR'S COMMENTS |
|---|--------------------------|--------------------------|-------------------|
| GENERAL | | | |
| Have you ever had an adverse (i.e. bad) reaction to or following chiropractic care? | <input type="checkbox"/> | <input type="checkbox"/> | |
| BONE WEAKNESS | | | |
| Have you been diagnosed with osteoporosis? | <input type="checkbox"/> | <input type="checkbox"/> | |
| Do you take corticosteroids (e.g. prednisone)? | <input type="checkbox"/> | <input type="checkbox"/> | |
| Have you been diagnosed with a compression fracture(s) of the spine? | <input type="checkbox"/> | <input type="checkbox"/> | |
| Have you ever been diagnosed with cancer? | <input type="checkbox"/> | <input type="checkbox"/> | |
| Do you have any metal implants? | <input type="checkbox"/> | <input type="checkbox"/> | |
| VASCULAR WEAKNESS | | | |
| Do you take aspirin or other pain medication on a regular basis? | <input type="checkbox"/> | <input type="checkbox"/> | |
| If yes, how much do you take daily? _____ | | | |
| Do you take warfarin (Coumadin), heparin, or other similar "blood thinners"? | <input type="checkbox"/> | <input type="checkbox"/> | |
| Have you ever been diagnosed with any of the following disorders/diseases? | | | |
| • Rheumatoid arthritis | <input type="checkbox"/> | <input type="checkbox"/> | |
| • Reiter's syndrome, ankylosing spondylitis, or psoriatic arthritis | <input type="checkbox"/> | <input type="checkbox"/> | |
| • Giant cell arteritis (temporal arteritis) | <input type="checkbox"/> | <input type="checkbox"/> | |
| • Osteogenesis imperfecta | <input type="checkbox"/> | <input type="checkbox"/> | |
| • Ligamentous hypermobility such as with Marfan's disease, Ehlers-Danlos syndrome | <input type="checkbox"/> | <input type="checkbox"/> | |
| • Medial cystic necrosis (cystic mucoid degeneration) | <input type="checkbox"/> | <input type="checkbox"/> | |
| • Bechet's disease | <input type="checkbox"/> | <input type="checkbox"/> | |
| • Fibromuscular dysplasia | <input type="checkbox"/> | <input type="checkbox"/> | |
| Have you ever become dizzy or lost consciousness when turning your head? | <input type="checkbox"/> | <input type="checkbox"/> | |
| SPINAL COMPROMISE OR INSTABILITY | | | |
| Have you had spinal surgery? | <input type="checkbox"/> | <input type="checkbox"/> | |
| If yes, when? _____ | | | |
| Have you been diagnosed with spinal stenosis? | <input type="checkbox"/> | <input type="checkbox"/> | |
| Have you been diagnosed with spondylolisthesis? | <input type="checkbox"/> | <input type="checkbox"/> | |
| Have you had any of the following problems? | <input type="checkbox"/> | <input type="checkbox"/> | |
| • Sudden weakness in the arms or legs? | <input type="checkbox"/> | <input type="checkbox"/> | |
| • Numbness in the genital area? | <input type="checkbox"/> | <input type="checkbox"/> | |
| • Recent inability to urinate or lack of control when urinating? | <input type="checkbox"/> | <input type="checkbox"/> | |

I have read the previous information regarding the risks of chiropractic care and my doctor has verbally explained my risks (if any) to me and suggested alternatives when those risks exist. I understand the purpose of my care and have been given an explanation of the treatment, the frequency of care, and alternatives to this care. All of my questions have been answered to my satisfaction. I agree to this plan of care understanding any perceived risk(s) and alternatives to this care.

Patient [or Parent/Guardian] Signature: _____ Date: _____

ARBITRATION AGREEMENT

Article 1: Agreement to Arbitrate: It is understood that any dispute as to medical malpractice, that is as to whether any medical services rendered under this contract were unnecessary or unauthorized or were improperly, negligently or incompetently rendered, will be determined by submission to arbitration as provided by Arizona and federal law, and not by a lawsuit or resort to court process except as state and federal law provides for judicial review of arbitration proceedings. Both parties to this contract, by entering into it, are giving up their constitutional right to have any such dispute decided in a court of law before a jury, and instead are accepting the use of arbitration. Further, the parties will not have the right to participate as a member of any class of claimants, and there shall be no authority for any dispute to be decided on a class action basis. An arbitration can only decide a dispute between the parties and may not consolidate or join the claims of other persons who have similar claims.

Article 2: All Claims Must be Arbitrated: It is also understood that any dispute that does not relate to medical malpractice, including disputes as to whether or not a dispute is subject to arbitration, as to whether this agreement is unconscionable, and any procedural disputes, will also be determined by submission to binding arbitration. It is the intention of the parties that this agreement binds all parties as to all claims, including claims arising out of or relating to treatment or services provided by the health care provider including any heirs or past, present, or future spouse(s) of the patient in relation to all claims, including loss of consortium. This agreement is also intended to bind any children of the patient whether born or unborn at the time of the occurrence giving rise to any claim. This agreement is intended to bind the patient and the healthcare provider and/or other licensed healthcare providers, preceptors, or interns who now or in the future treat the patient while employed by, working or associated with, or serving as a back-up for the health care provider, including those working at the health care provider's clinic or office or any other clinic or office whether signatories to this form or not.

All claims for monetary damages exceeding the jurisdictional limit of the small claims court against the health care provider, and/or the health care provider's associates, association, corporation, partnership, employees, agents, and estate, must be arbitrated including, without limitation, claims for loss of consortium, wrongful death, emotional distress, injunctive relief, or punitive damages. This agreement is intended to create an open book account unless and until revoked.

Article 3: Procedures and Applicable Law: A demand for arbitration must be communicated in writing to all parties. Each party shall select an arbitrator (party arbitrator) within thirty days, and a third arbitrator (neutral arbitrator) shall be selected by the arbitrators appointed by the parties within thirty days thereafter. The neutral arbitrator shall then be the sole arbitrator and shall decide the arbitration. Each party to the arbitration shall pay such party's pro-rata share of the expenses and fees of the neutral arbitrator, together with other expenses of the arbitration incurred or approved by the neutral arbitrator, not including counsel fees, witness fees, or other expenses incurred by a party for such party's own benefit. Either party shall have the absolute right to bifurcate the issues of liability and damage upon written request to the neutral arbitrator.

The parties consent to the intervention and joinder in this arbitration of any person or entity that would otherwise be a proper additional party in a court action, and upon such intervention and joinder, any existing court action against such additional person or entity shall be stayed pending arbitration. The parties agree that the Commercial Arbitration Rules of the American Arbitration Association shall govern any arbitration conducted pursuant to this Arbitration Agreement.

Article 4: General Provision: All claims based upon the same incident, transaction, or related circumstances shall be arbitrated in one proceeding. A claim shall be waived and forever barred if (1) on the date notice thereof is received, the claim, if asserted in a civil action, would be barred by the applicable legal statute of limitations, or (2) the claimant fails to pursue the arbitration claim in accordance with the procedures prescribed herein with reasonable diligence.

Article 5: Revocation: This agreement may be revoked by written notice delivered to the health care provider within 30 days of signature. and, if not revoked, will govern all professional services received by the patient and all other disputes between the parties.

Article 6: Retroactive Effect: If the patient intends this agreement to cover services rendered before the date it is signed (for example, emergency treatment), the patient should initial here. . Effective as of the date of first professional services.

if any provision of this Arbitration Agreement is held invalid or unenforceable, the remaining provisions shall remain in full force and shall not be affected by the invalidity of any other provision. I understand that I have the right to receive a copy of this Arbitration Agreement. By my signature below, I acknowledge that I have received a copy.

NOTICE: BY SIGNING THIS CONTRACT YOU ARE AGREEING TO HAVE ANY ISSUE OF MEDICAL MALPRACTICE DECIDED BY NEUTRAL ARBITRATION AND YOU ARE GIVING UP YOUR RIGHT TO A JURY OR COURT TRIAL. SEE ARTICLE 1 OF THIS CONTRACT.

Patient Name: _____ Signature: _____ Date: _____

Parent or Guardian: _____ Signature: _____ Date: _____

Witness Name: _____ Signature: _____ Date: _____