



## PATIENT APPLICATION FORM

WELCOME TO OUR CLINIC. We specialize in assisting our patients to achieve their highest level of health through our spinal and postural corrective programs. Our approach is very unique and advanced from other rehabilitative programs. This allows our patients to achieve far superior results compared to most other systems.

Please fill out the following information thoroughly so the doctor can let you know if you are a case we can accept. Please feel free to ask any questions if you need assistance. We look forward to serving you.

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Today's Date

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M F  
Home Address: \_\_\_\_\_ Home Phone: ( ) \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_ Cell Phone: ( ) \_\_\_\_\_  
Occupation: \_\_\_\_\_ Employer: \_\_\_\_\_  
Email address: \_\_\_\_\_ Office Phone: ( ) \_\_\_\_\_  
Birth Date: \_\_\_\_\_ Soc. Security #: \_\_\_\_\_ Marital Status: S M D W  
Names of Children: \_\_\_\_\_ Ages: \_\_\_\_\_  
Spouse or Emergency contact: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_  
How were you referred to this office? \_\_\_\_\_

### PURPOSE OF THIS VISIT

Reason for this visit – Main Complaint: \_\_\_\_\_

Is this purpose related to an auto accident/work injury? Yes No If so, when? \_\_\_\_\_

When did this condition begin? \_\_\_\_\_ Did it begin: Gradual Sudden Progressive over time

What activities aggravate your symptoms? \_\_\_\_\_

Is there anything that relieves your symptoms? Yes No Describe: \_\_\_\_\_

Type of Pain: Sharp Dull Ache Burn Throb Spasm Numb Tingling Shooting

Does the pain radiate into your: Arm Leg Does not Radiate Is this condition getting worse? Yes No

How often do you experience these symptoms throughout the day? 100% 75% 25% 10% Only with Activity

Does complaint(s) interfere with work sleep hobbies daily routine Explain: \_\_\_\_\_

Have you experienced this condition before? Yes No If so, please explain: \_\_\_\_\_

Who have you seen for this? \_\_\_\_\_ What did they do? \_\_\_\_\_

How did you respond? \_\_\_\_\_

## EXPERIENCE WITH CHIROPRACTIC

Have you seen a Chiropractor before? Yes No Who? \_\_\_\_\_ When? \_\_\_\_\_

Reason for visits: \_\_\_\_\_

How did you respond? \_\_\_\_\_

Did your previous chiropractor take before and after x-rays? Yes No

Did you know that posture determines your health? Yes No

Are you aware of any of your poor posture habits? Yes No

Explain: \_\_\_\_\_

Are you aware of any poor posture habits in your spouse or children? Yes No

Explain: \_\_\_\_\_

The most common postural weakness is Forward Head Syndrome (head and neck starting to bend forward and progressively moving downward weakening your whole body.) Even less severe forms of this posture can cause many adverse effects on your overall health. Have you ever been told or felt like you carry your head forward, noticed a rounding of your shoulders or a developing "hump" at the base of your neck? Yes No

## HEALTH LIFESTYLE

Do you exercise? Yes No How often? 1X 2X 3X 4X 5X per week other: \_\_\_\_\_

What activities? Run/jog Weight Train Yoga Cycling Pilates Swimming Other: \_\_\_\_\_

Do you smoke? Yes No If yes, how much? \_\_\_\_\_

Do you drink alcohol? Yes No If yes, how much per week? \_\_\_\_\_

Do you drink coffee? Yes No If yes how many cups a day? \_\_\_\_\_

Do you take supplements? (vitamins, minerals, herbs?) \_\_\_\_\_

What position do you sleep in? Back Side Stomach How many hours per night? \_\_\_\_\_

## HEALTH CONDITIONS

Abnormal postural habits or distortions are the result of trauma or stress to the body that have misaligned the vertebrae in your spine. When these vertebrae are twisted from their normal position, they will cause stress to the spinal cord and the delicate nerves that pass between the vertebrae. These misalignments are called Subluxations. It has been extensively documented that subluxations, causing stress to your nerves, will weaken and distort the overall structure of your spine, producing many serious and adverse effects on your overall health.

***Please check any health condition you may be experiencing now, or in the past on the next page.***

## INFORMED CONSENT

I clearly understand that all insurance coverage is an arrangement between my insurance carrier (auto or medical) and myself. If this office chooses to bill any services that were performed to my insurance carrier, this is done so strictly as a convenience to me. Select Health and Wellness will provide any necessary report or required information to aid in insurance reimbursement of services, which may be subject to an administration fee; but I understand that insurance carriers may deny any claim, and that I am ultimately held responsible for any unpaid balances. Any monies received will be credited to my account. I certify that this office visit is not related to any workers compensation case that is active, or has not been finalized, and this office will not bill as such.

I hereby authorize physicians and staff at Select Health and Wellness to treat my condition as deemed appropriate. It is understood and agreed that the amount paid for x-rays, is for examination only and the x-ray will remain the property of this office, being on file where they may be seen at any time. The doctor will not be held responsible for any pre-existing medically diagnosed conditions. I certify that the previous information is correct to the best of my knowledge. I will not hold my doctor or any staff member of Select Health and Wellness responsible for any errors or omissions that I may have made in the completion of this form.

Chiropractic, as well as many other types of health care, is associated with potential risks in the delivery of treatment. Therefore, it is necessary to inform the patient of such risks prior to initiating care. While chiropractic treatment is remarkably safe, you need to be informed about the potential risks related to your care to allow you to be fully informed before consenting to treatment.

### *Specific Risk Possibilities Associated with Chiropractic Care.*

*Soreness:* Chiropractic adjustments and physical therapy procedures are sometimes accompanied by post treatment soreness. This is a normal and acceptable accompanying response to chiropractic care and active rehabilitation. While it is not generally dangerous, please advise your doctor if you experience soreness or discomfort.

*Soft Tissue Injury:* Occasionally chiropractic treatment may aggravate a disc injury, or cause other minor joint, ligament, tendon or other soft tissue injury.

*Rib Injury:* Manual adjustments to the thoracic spine, in rare cases may cause rib injury or fracture. Precautions such as pre-adjustment x-rays are taken for cases considered at risk. Treatment is performed carefully to minimize such risk.

*Stroke:* Stroke is the most serious complication of chiropractic treatment. The most recent studies (Journal of the CAA, Vol 37 No. 2, June 1993) estimate that the incidence of this type of stroke is 1 in every 3 million upper cervical adjustments.

*Other Problems:* There are occasionally other types of side effects associated with chiropractic care. While these are rare, they should be reported to your doctor promptly.

Chiropractic is a system of health care delivery and therefore, as with any health care delivery system, we cannot promise a cure for any symptom, condition or disease as a result of treatment in this office. An attempt to provide you with the very best care is our goal and if the results are not acceptable, we will refer you to another provider who we feel can further assist you.

I also clearly understand that if I do not follow the Doctor's specific recommendations at this clinic, that I will not receive the full benefit from the programs offered, and that if I terminate my care prematurely that all fees will be due and payable at that time. I authorize the assignment of all insurance benefits be directed to Select Health and Wellness for services rendered. I also understand any sum of money paid under assignment by my insurance company shall be credited to my account, and I shall be personally liable for any and all of the unpaid balance to Select Health and Wellness.

If you have any questions concerning this form or the above statements, please ask your doctor.

Having carefully read the above, I hereby give my informed consent to have chiropractic treatment administered.

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Patient Signature

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Date

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Parent/Guardian Signature and consent

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Date

### *Pregnancy Release*

This is to certify that to the best of my knowledge I am not pregnant and physicians at Select Health and Wellness have my permission to perform an x-ray evaluation. I have been advised that x-ray can hazardous to an unborn child.

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Patient Signature

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Date

### *Consent to X-ray*

I hereby grant Select Health and Wellness permission to perform an x-ray evaluation if needed. I understand that x-rays are being performed to locate vertebral subluxation, and not to diagnose or treat any other disease or condition.

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Patient Signature

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Date



# SYMPTOMS OF SPINAL MISALIGNMENT QUESTIONNAIRE

"The nervous system controls and coordinates all organs and structures of the human body." (Gray's Anatomy, 29th Ed., page 4). Misalignments of spinal vertebrae and discs may cause irritation to the nerves which could affect the areas listed. Please help us help you by placing a check mark in the appropriate box under the "Possible Effects of a Malfunction" column to indicate your symptoms.

↓ Check all that apply ↓

Vertebrae	Areas Controlled by Nerves*	Possible Effects of a Malfunction
ATLAS		
AXIS		
<b>CERVICAL SPINE</b>		
1st		
<b>THORACIC</b>		
<b>THORACIC SPINE</b>		
1T	Arms from the elbows down, including hands, wrists, and fingers; esophagus and trachea.	<input type="checkbox"/> asthma, <input type="checkbox"/> cough, <input type="checkbox"/> difficult breathing or shortness of breath, <input type="checkbox"/> pain in lower arms and hands.
2T	Heart, including its valves and covering; coronary arteries.	<input type="checkbox"/> functional heart conditions and certain chest conditions.
3T	Lungs, bronchial tubes, pleura, chest, breast.	<input type="checkbox"/> bronchitis, <input type="checkbox"/> pleurisy, <input type="checkbox"/> pneumonia, <input type="checkbox"/> congestion, <input type="checkbox"/> influenza.
4T	Gall bladder, common duct.	<input type="checkbox"/> gall bladder conditions, <input type="checkbox"/> jaundice, <input type="checkbox"/> shingles.
5T	Liver, solar plexus, circulation (general).	<input type="checkbox"/> liver conditions, <input type="checkbox"/> fevers, <input type="checkbox"/> blood pressure problems, <input type="checkbox"/> poor circulation, <input type="checkbox"/> arthritis.
6T	Stomach.	<input type="checkbox"/> stomach troubles or nervous stomach, <input type="checkbox"/> indigestion, <input type="checkbox"/> heartburn, <input type="checkbox"/> dyspepsia.
7T	Pancreas, duodenum.	<input type="checkbox"/> ulcers, <input type="checkbox"/> gastritis.
8T	Spleen.	<input type="checkbox"/> lowered resistance.
9T	Adrenal and supra-renal glands.	<input type="checkbox"/> allergies, <input type="checkbox"/> hives.
10T	Kidneys.	<input type="checkbox"/> kidney troubles, <input type="checkbox"/> hardening of the arteries, <input type="checkbox"/> chronic tiredness, <input type="checkbox"/> nephritis, <input type="checkbox"/> pyelitis.
11T	Kidneys, ureters.	<input type="checkbox"/> skin conditions such as acne, <input type="checkbox"/> pimples, <input type="checkbox"/> eczema, <input type="checkbox"/> or boils.
12T	Small intestines, lymph circulation.	<input type="checkbox"/> rheumatism, <input type="checkbox"/> gas pains, <input type="checkbox"/> certain types of sterility.
<b>LUMBAR</b>		
<b>LUMBAR SPINE</b>		
1L	Large intestines, inguinal rings.	<input type="checkbox"/> constipation, <input type="checkbox"/> colitis, <input type="checkbox"/> dysentery, <input type="checkbox"/> diarrhea, <input type="checkbox"/> some ruptures or hernias.
2L	Appendix, abdomen, upper leg.	<input type="checkbox"/> cramps, <input type="checkbox"/> difficult breathing, <input type="checkbox"/> minor varicose veins.
3L	Sex organs, uterus, bladder, knees.	<input type="checkbox"/> bladder troubles, <input type="checkbox"/> menstrual troubles such as painful or irregular periods, <input type="checkbox"/> miscarriages, <input type="checkbox"/> bed wetting, <input type="checkbox"/> impotency, <input type="checkbox"/> change of life symptoms, <input type="checkbox"/> many knee pains.
4L	Prostate gland, muscles of the lower back, sciatic nerve.	<input type="checkbox"/> sciatica, <input type="checkbox"/> lumbago, <input type="checkbox"/> difficult, painful, or too frequent urination, <input type="checkbox"/> backaches.
5L	Lower legs, ankles, feet.	<input type="checkbox"/> poor circulation in the legs, <input type="checkbox"/> swollen ankles, weak ankles and arches, <input type="checkbox"/> cold feet, <input type="checkbox"/> weakness in the legs, <input type="checkbox"/> leg cramps.
<b>SACRUM</b>		
SACRUM	Hip bones, buttocks.	<input type="checkbox"/> sacro-iliac conditions, <input type="checkbox"/> spinal curvatures.
<b>COCCYX</b>		
COCCYX	Rectum, anus.	<input type="checkbox"/> hemorrhoids (piles), <input type="checkbox"/> pruritis (itching), <input type="checkbox"/> pain at end of spine on sitting.

Please list any health conditions not mentioned:

Please list all past surgeries:

Please list any medications currently taking and their purpose:

Please list all previous accidents and falls:



Our main goal at Select Health and Wellness is to help you “live a life without limits.”  
Share ten goals you have for your life, your future and your health.

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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10. \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Name

\_\_\_\_\_  
Signed

\_\_\_\_\_  
Date

*“The only limitations you will ever have  
are the ones you put on yourself.”*

– Kristinna Habashy



**ACKNOWLEDGEMENT OF RECEIPT OF NOTICE OF PRIVACY PRACTICES**

\*You may refuse to sign this acknowledgement

I have received a copy of this office’s Notice of Privacy Practices and understand the Privacy Protection Act.

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

HIPAA Patient Questionnaire

1. Please list the family members or other person(s), if any, whom we may inform about your general medical condition and your diagnosis (including treatment, payment and health care options):

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

2. Please list the family members or others, if any, whom we may inform about your medical condition **ONLY IN AN EMERGENCY.**

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

3. Please print the address of where you would like your billing statements/or correspondence from our office to be mailed if ***other than your home.*** (Confidential Communications)

\_\_\_\_\_  
\_\_\_\_\_

4. Please indicate if you want all correspondence from our office sent in a sealed envelope marked “CONFIDENTIAL” Yes \_\_\_\_\_ No \_\_\_\_\_

Select Health and Wellness  
1605 County Rd 220 Suite 165  
Fleming Island, FL 32003  
904.425.9060  
SelectHealthandWellness.com