

**HALEY CHIROPRACTIC CLINIC**

**1919 NO. PEARL ST. #A4**

**TACOMA, WA 98406**

**CONFIDENTIAL PATIENT HISTORY**

Name \_\_\_\_\_ Today's Date: \_\_\_\_\_  
Home # \_\_\_\_\_ Cell # \_\_\_\_\_ Cell phone provider: \_\_\_\_\_  
Email Address: \_\_\_\_\_ Text Message Reminder ☐ OR Email Reminder ☐  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Marital Status: S M W D SSN# \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Employer \_\_\_\_\_ Work # \_\_\_\_\_ Ext: \_\_\_\_\_  
Have you received chiropractic care in the past? ☐ Yes ☐ No  
Are you currently under chiropractic care? ☐ Yes ☐ No  
**The reason for this visit:** ☐ PI (automobile accident) ☐ L&I (injury on the job)  
☐ Other \_\_\_\_\_  
**How did you hear about our office?** ☐ Website ☐ Phonebook ☐ Other \_\_\_\_\_

**INSURANCE COVERAGE**

**We can bill your insurance as a courtesy to you.**

**Will we be billing insurance for you?** ☐ Yes ☐ No

☐ **Private Insurance** ☐ **Medicare Coverage (also provide your supplemental insurance info)**

Name of Insurance \_\_\_\_\_ Phone \_\_\_\_\_  
Policy Number \_\_\_\_\_ Group # \_\_\_\_\_  
Policy Holders Name \_\_\_\_\_ Employer \_\_\_\_\_  
SS# of policy holder \_\_\_\_\_ Date of birth \_\_\_\_\_

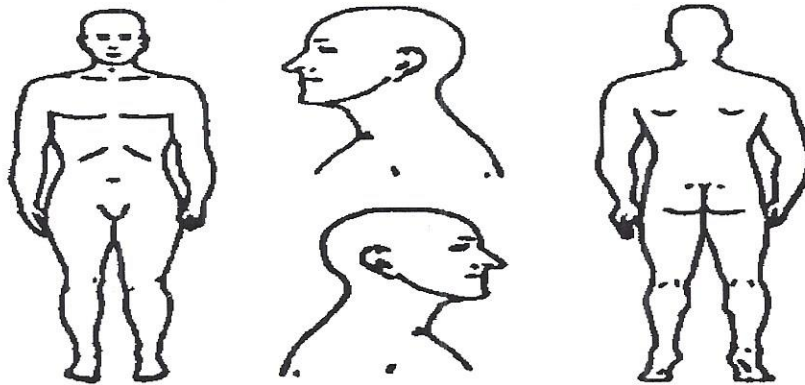
**\*Secondary Insurance or Supplemental Insurance if applies:**

Name of Insurance \_\_\_\_\_ Phone \_\_\_\_\_  
Policy Number \_\_\_\_\_ Group # \_\_\_\_\_  
Policy Holders Name \_\_\_\_\_ Employer \_\_\_\_\_  
SS# of policy holder \_\_\_\_\_ Date of birth \_\_\_\_\_

# Haley CHIROPRACTIC Clinic

1919 N Pearl St. Suite A4 Tacoma WA 98406 ph: 253-761-0930

## PLEASE CIRCLE YOUR AREA(S) OF COMPLAINT



What is your **PRIMARY** complaint? \_\_\_\_\_ When did your symptoms start? \_\_\_\_\_

Describe how your symptoms began: \_\_\_\_\_

How often do you experience your symptoms throughout the day?

☐ Constantly (76-100%) ☐ Frequently (51-75%) ☐ Occasionally (26-50%) ☐ Intermittently (0-25%)

What is the severity of your pain? ☐ Mild ☐ Moderate ☐ Severe

What **TYPE** of pain and/or discomfort do you have? (Check all that apply)

☐ Sharp ☐ Dull ☐ Ache ☐ Numb ☐ Tingling ☐ Shooting ☐ Stabbing ☐ Burning

☐ "Tight" ☐ "Stiff" ☐ Pulling ☐ Throbbing ☐ Annoying ☐ Uncomfortable ☐ Other: \_\_\_\_\_

Do your symptoms radiate anywhere? ☐ NO ☐ YES If yes, where? \_\_\_\_\_

Since the onset how are your symptoms changing? ☐ Getting Better ☐ Getting Worse ☐ Not Changing

How would you rate your pain? (Circle one)

Currently: (no pain) 0 1 2 3 4 5 6 7 8 9 10 (unbearable)

At its worst: (no pain) 0 1 2 3 4 5 6 7 8 9 10 (unbearable)

What helps relieve your symptoms (ice, heat, massage, etc)? \_\_\_\_\_

What activities make your symptoms worse (working, exercise, etc)? \_\_\_\_\_

Have you experienced this type of pain before? ☐ NO ☐ YES If so, what helped relieve pain? \_\_\_\_\_

How do your symptoms affect your ability to perform activities of daily living (ADL's)? (Check one)

☐ Not at all ☐ Mildly (forgotten with activity) ☐ Moderately (interferes with activity)

☐ Limiting (prevents full activity) ☐ Severe (no activity is possible)

What activities of daily living are **painful and/or difficult** to perform due to symptoms? (Check all that apply)

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Sitting for more than 10 minutes     | <input type="checkbox"/> Putting on shoes                  | <input type="checkbox"/> Looking over shoulder       |
| <input type="checkbox"/> Sitting for more than 60 minutes     | <input type="checkbox"/> Changing positions (sit to stand) | <input type="checkbox"/> Reaching overhead           |
| <input type="checkbox"/> Standing for more than 10 minutes    | <input type="checkbox"/> Sleeping                          | <input type="checkbox"/> Gripping                    |
| <input type="checkbox"/> Standing for more than 60 minutes    | <input type="checkbox"/> Turning over in bed               | <input type="checkbox"/> Pushing                     |
| <input type="checkbox"/> Walking short distances              | <input type="checkbox"/> Lying on stomach                  | <input type="checkbox"/> Pulling                     |
| <input type="checkbox"/> Getting in and/or out of the car     | <input type="checkbox"/> Lying on back                     | <input type="checkbox"/> Kneeling                    |
| <input type="checkbox"/> Bending over forward                 | <input type="checkbox"/> Coughing and/or Sneezing          | <input type="checkbox"/> Balancing                   |
| <input type="checkbox"/> Putting on and/or taking off clothes | <input type="checkbox"/> Sexual activities                 | <input type="checkbox"/> Squatting                   |
| <input type="checkbox"/> Picking something off the floor      | <input type="checkbox"/> Driving                           | <input type="checkbox"/> Going up and/or down stairs |
| <input type="checkbox"/> Computer work                        | <input type="checkbox"/> House/Yard work                   | <input type="checkbox"/> Exercise/Running/Biking     |

Who have you seen for your current symptoms? (Check all that apply)

- ☐ No one   ☐ Chiropractor   ☐ Primary Care Physician   ☐ Physical Therapist   ☐ Massage Therapist

If so, what treatment was given and/or what medication(s) were prescribed to you? \_\_\_\_\_

What tests/imaging have been performed for your current symptoms? (Check all that apply):

- ☐ None   ☐ X-RAY date: \_\_\_\_\_   ☐ MRI date: \_\_\_\_\_   ☐ CT Scan date: \_\_\_\_\_   Other date: \_\_\_\_\_

Are there any **ADDITIONAL** areas of complaint?   ☐ NO   ☐ YES   If yes where? \_\_\_\_\_

Describe how symptoms began: \_\_\_\_\_

When did your symptoms start? \_\_\_\_\_ What is the severity of your pain?   ☐ Mild   ☐ Moderate   ☐ Severe

How often do you experience your symptoms?

- ☐ Constantly (76-100%)   ☐ Frequently (51-75%)   ☐ Occasionally (26-50%)   ☐ Intermittently (0-25%)

What **TYPE** of pain and/or discomfort do you have? (Check all that apply)

- ☐ Sharp   ☐ Dull   ☐ Ache   ☐ Numb   ☐ Tingling   ☐ Shooting   ☐ Stabbing   ☐ Burning  
☐ "Tight"   ☐ "Stiff"   ☐ Pulling   ☐ Throbbing   ☐ Annoying   ☐ Uncomfortable   ☐ Other:

How would you rate your pain? (Circle one)

Currently: (no pain) 0   1   2   3   4   5   6   7   8   9   10 (unbearable)

At its worst: (no pain) 0   1   2   3   4   5   6   7   8   9   10 (unbearable)

**General Patient Health, Social and Past Health History**

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Occupation: \_\_\_\_\_

Do you smoke?   ☐ NO   ☐ YES   If yes, how many cigarettes per day? \_\_\_\_\_

Do you exercise?   ☐ NO   ☐ YES   If yes, how many times per week? \_\_\_\_\_



In the space provided please enter "C" if you **CURRENTLY** or "P" if you have had this problem in the **PAST**.

**Musculoskeletal**

\_\_\_\_\_ Spinal Surgery  
\_\_\_\_\_ Screws, Pins and/or Plates  
\_\_\_\_\_ Muscle Spasms/Cramping  
\_\_\_\_\_ Scoliosis  
\_\_\_\_\_ Arthritis  
\_\_\_\_\_ Osteoporosis  
\_\_\_\_\_ Slipped/Herniated Disc  
\_\_\_\_\_ Spinal/Extremity Fractures  
\_\_\_\_\_ TMJ Issues  
\_\_\_\_\_ Hip Disorders

**Cardiovascular**

\_\_\_\_\_ Blood Clots  
\_\_\_\_\_ Chest Pain or Tightness  
\_\_\_\_\_ Heart Attack  
\_\_\_\_\_ Coronary Artery Disease  
\_\_\_\_\_ High Blood Pressure  
\_\_\_\_\_ Low Blood Pressure  
\_\_\_\_\_ Excessive Bruising  
\_\_\_\_\_ Swollen Legs or Feet  
\_\_\_\_\_ Varicose Veins  
\_\_\_\_\_ Leg Pain with Walking

**General**

\_\_\_\_\_ Unexplained Weight Loss/Gain  
\_\_\_\_\_ Anemia  
\_\_\_\_\_ Diabetes  
\_\_\_\_\_ Gout  
\_\_\_\_\_ Cancer  
\_\_\_\_\_ Thyroid Disease  
\_\_\_\_\_ Migraines with Aura  
\_\_\_\_\_ Migraines without Aura  
\_\_\_\_\_ Changes in Bowel or Bladder Habits

**Neurologic**

\_\_\_\_\_ Tremors  
\_\_\_\_\_ Dizziness/Vertigo  
\_\_\_\_\_ Fainting  
\_\_\_\_\_ Epilepsy and/or Seizures  
\_\_\_\_\_ Numbness/Tingling/Weakness  
\_\_\_\_\_ Partial or Complete Paralysis  
\_\_\_\_\_ Stroke  
\_\_\_\_\_ Loss of Vision, Taste or Smell

**Respiratory**

\_\_\_\_\_ Snoring Issues  
\_\_\_\_\_ Difficulty Breathing  
\_\_\_\_\_ Chronic Cough  
\_\_\_\_\_ Emphysema  
\_\_\_\_\_ Spitting Blood  
\_\_\_\_\_ Wheezing/Asthma  
\_\_\_\_\_ Shortness of Breath

**Allergies:** \_\_\_\_\_

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

**Eye, Ear Nose & Throat**

\_\_\_\_\_ Blurred or Double Vision  
\_\_\_\_\_ Eye Pain or Vision Change  
\_\_\_\_\_ Chronic Ear Infections  
\_\_\_\_\_ Ringing in Ears  
\_\_\_\_\_ Sinus Problems  
\_\_\_\_\_ Difficulty Swallowing

**Gastrointestinal**

\_\_\_\_\_ Abdominal Pain  
\_\_\_\_\_ Irritable Bowel  
\_\_\_\_\_ Food Sensitivities  
\_\_\_\_\_ Constipation  
\_\_\_\_\_ Hernia  
\_\_\_\_\_ Loss of Bowel Control  
\_\_\_\_\_ Appendicitis

**Women ONLY:**

Currently pregnant: ☐ NO ☐ YES  
Currently nursing: ☐ NO ☐ YES  
Birth Control: ☐ NO ☐ YES  
Breast implants: ☐ NO ☐ YES  
Hormone Replacement: ☐ NO ☐ YES  
Menopause Symptoms: ☐ NO ☐ YES

List all the surgical procedures you have had and the dates they were performed:

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

List all the prescriptions, over-the counter medications and nutritional supplements you are taking:

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

Have you been involved in previous auto/work/fall accidents? ☐ NO ☐ YES If yes; explain: \_\_\_\_\_

\_\_\_\_\_

Have you been hospitalized for any previous illnesses? ☐ NO ☐ YES If yes; explain: \_\_\_\_\_

\_\_\_\_\_

Is there anything else that is causing you concern, worry or stress? ☐ NO ☐ YES If yes; explain: \_\_\_\_\_

\_\_\_\_\_

# AUTHORIZATION, ASSIGNMENT & RELEASE FORM

Patient Name \_\_\_\_\_ Date \_\_\_\_\_

I hereby authorize Haley Chiropractic Clinic to release any information deemed appropriate to my health insurance company and their affiliates, my auto insurance company and their affiliates, or my attorney and/or claims adjuster in order to process any claim for reimbursement of charges incurred.

In the event my insurance company or attorney does not pay Haley Chiropractic Clinic for services and/or product I receive. I understand that I am personally responsible to pay my account balance in full. I also understand that Haley Chiropractic Clinic will make all efforts in my favor to settle or resolve any said claim as we see fit.

In addition to the above, I waive the statute of limitations on collection in the state of WA. I agree that this authorization is irrevocable and ongoing until all monies owed are paid in full. This authorization will be in effect until revoked by both parties.

Our office is required by federal law to maintain the privacy of you Private Health Information (PHI). We will not share your PHI with other healthcare providers or persons unless you have granted us permission to do so.

I hereby give permission for Haley Chiropractic Clinic to share my PHI to the following health care providers and/or persons:

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

For a complete description of our practice's privacy notice, please ask at the reception desk. By signing below, I acknowledge I have read and understand the above terms.

SIGNATURE \_\_\_\_\_

## ACKNOWLEDGEMENT OF RECEIPT OF NOTICE OF PRIVACY PRACTICES

We keep a record of the care we give you. The record also contains other health information about you. We will not discuss your health information to others unless we have your permission to do so, or unless the law allows or requires us to do so. If you have questions about your health information or want to ask about your rights, contact:

Haley Chiropractic Clinic  
1919 N. Pearl Street, Suite A4  
Tacoma, WA 98406  
(253)761-0930

By signing this form, you are letting everyone know that you received a copy of the Notice of Privacy Practices that explain your rights.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

IF MINOR, PARENT/GUARDIAN \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_

**Haley Chiropractic Clinic**  
**Consent for Treatment**

**Patient Information:**

**Name:** \_\_\_\_\_  
**Date of Birth:** \_\_\_\_\_  
**Phone Number:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
\_\_\_\_\_

**Introduction:**

I, the undersigned, hereby consent to receiving chiropractic care and treatment from the licensed chiropractors at Haley Chiropractic Clinic. I understand that this care may include, but is not limited to, spinal adjustments, manipulations, physical therapy modalities, exercises, and other chiropractic treatments.

**Purpose of Treatment:**

The purpose of chiropractic care is to address and manage musculoskeletal conditions, alleviate pain, and enhance overall well-being.

**Nature of Treatment:**

Chiropractic care may involve the following:

- Spinal adjustments/manipulations
- Soft tissue therapy
- Exercise and stretches
- Postural training
- Other therapeutic modalities as recommended by the chiropractor

I understand that the chiropractic treatments may cause some discomfort or soreness as part of the healing process, which should resolve within a few days.

**Risk and Benefits:**

As with any form of medical treatment, there are potential risks involved, including but not limited to:

- Temporary soreness or discomfort
- Bruising or Strain
- Risk of injury due to manipulation of the spine or joints

The benefits of chiropractic care can include pain relief, improved mobility, and enhanced physical functioning. However, results are not guaranteed, and success varies from patient to patient.

**Patient's Responsibilities:**

I agree to inform my chiropractor of any medical conditions, past surgeries, or treatments that may affect my care. I also agree to follow the instructions provided for home care and exercises and to attend follow-up visits as recommended by my chiropractor.

**Confidentiality:**

All personal and medical information provided to Haley Chiropractic Clinic will be kept confidential in accordance with HIPAA (Health Insurance Portability and Accountability Act) and other applicable privacy laws.

**Voluntary Consent:**

I acknowledge that I have been provided with information regarding the treatment options available to me and the potential risks and benefits. I understand that I am free to withdraw my consent or discontinue treatment at any time, without affecting my future care.

**Emergency Care:**

In case of an emergency during treatment, I authorize the clinic to take necessary measures to ensure my safety and well-being.

**Acknowledgement and Signature:**

By signing below, I give my informed consent to the chiropractic treatment as outlined above and agree to the terms and conditions set forth. I understand that I have the right to ask questions regarding my treatment and that I can withdraw my consent at any time.

**Patient's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_



# HALEY CHIROPRACTIC CLINIC PAYMENT POLICY

**PATIENT'S WITHOUT INSURANCE OR INSURANCE THAT DOES NOT COVER CHIROPRACTIC CARE:** Patients are expected to pay for services in full at the time services are rendered. If any questions regarding these fees have not been answered please let us know and we will be happy to go over these fees with you. If payment arrangements need to be made, please consult with the office manager before making an appointment. A **\$25.00 Service Fee** may be applied to your account if estimated portion due is not received at time of service.

**PATIENT'S WITH INSURANCE COVERAGE FOR CHIROPRACTIC CARE:** If your private insurance policy provides chiropractic benefits, we will be happy to submit a claim to them for you. In accordance with our contracts with all insurance companies, you are responsible for paying your portion at the time of service. Your estimated portion will be calculated by the benefit deductibles, co-pays and/or a specific percentage your insurance company has established for your individual policy. If we are not in contract with your specific insurance and/or plan, you are responsible for all charges. Please discuss any need for payment arrangements with our office manager before scheduling your next appointment. Please let us know if you have new insurance since your last visit. If not informed at the time of service of your current insurance information, and a claim needs to be reprocessed due to incorrect billing information a **\$25.00 Service Fee** will be apply to your account. **It is the Patients responsibility to know their own benefits. We may look up your benefits as a courtesy. This is not a guarantee of benefits and/or payment due. This is subject to only the information available to us through the website. The amount you will be charged for services rendered is based on the contract between you and your insurance company.**

**BILLING SCHEDULE:** Statements will be mailed every month to patients with balances due after all explanations of benefits are received from your insurance company(s). If patient payments are not received after the first notice is sent to you, a billing fee may be charged to your account for every 60 days your account is past due. If a payment from you is not made within 120 days of your first notice, your account may be turned over to a collections agency.

**WORKERS COMPENSATION AND MOTOR VEHICLE COLLISION INJURIES:** Please notify us if you have been injured on the job or in a motor vehicle accident. Worker's compensation does cover necessary chiropractic treatments if your claim has been approved and is currently open. A new claim will require necessary forms to be completed by the patient and the doctor before it will be considered by the worker's compensation department. If your injury claim is not allowed it is your responsibility to pay any outstanding balances. Your auto insurance company will pay for any necessary chiropractic treatment if you have "PIP" (Personal Injury Protection) coverage included in your auto insurance policy at the time of injury. You must file a claim with your auto insurance company and complete and return a "PIP" application to them before they will issue any payment towards your account. Workers compensation/auto insurance policies will not cover any cost incurred by retail charges (I.E Braces, No Show fees, ice packs, bio freeze, etc.)

**I have read the above policies of Haley Chiropractic clinic and fully understand that I am responsible for the payment of my account. If a minor, a parent or guardian must sign this form and be responsible for payment. Please give 24 hour notice if you are unable to make your scheduled appointment. No show appointment will be subject to a \$42.00 No Show Fee and a \$63.00 Extended No Show Fee (Appointment scheduled for 20 minutes or more). Please notify us of any changes to insurance, address or phone numbers immediately.**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Patient's Name:** \_\_\_\_\_

**If Minor, Parent/Guardian:** \_\_\_\_\_

**\*Fees and charges may vary depending on the signing date of this form\***

Haley Chiropractic, PS  
1919 N. Pearl St. #A4  
Tacoma, WA 98406

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

### MECHANISM OF INJURY

NAME \_\_\_\_\_ DATE \_\_\_\_\_ TIME \_\_\_\_\_ AM PM

LOCATION \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_

INVESTIGATED By: WA State Patrol \_\_\_ City Police \_\_\_ County Police \_\_\_ Other \_\_\_\_\_

Road Conditions: WET \_\_\_ DRY \_\_\_ ICY \_\_\_ WEARING A SEAT BELT YES \_\_\_ NO \_\_\_

What type: Lap \_\_\_ Shoulder \_\_\_ Both \_\_\_ Where were you seated in the vehicle \_\_\_\_\_

Were you aware of the approaching collision \_\_\_ Did you lose consciousness \_\_\_ How long \_\_\_\_\_

How far is the top of the headrest from the top of your head (approx.) inches \_\_\_\_\_

Was your car stopped ( ) Yes ( ) No , If yes was the driver's foot on the brake ( ) Yes ( ) No \_\_\_\_\_

If no estimate the speed of the vehicle you were in: \_\_\_\_\_ mph

Was the vehicle picking up speed or slowing down \_\_\_\_\_

Was it traveling at a steady rate of speed at the time of impact ( ) Yes ( ) No \_\_\_\_\_ mph

Please describe to the best of your knowledge, what happened during this accident: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What type of vehicle were you in: \_\_\_\_\_ The type of other vehicle \_\_\_\_\_

Describe what part of your body hit what part of the inside of the vehicle \_\_\_\_\_

\_\_\_\_\_

### AUTOMOBILE INSURANCE INFORMATION

#### Patient's Insurance

Name of Insurance \_\_\_\_\_

Address \_\_\_\_\_

Claim # \_\_\_\_\_

Policy Holders Name \_\_\_\_\_

Attorney's name \_\_\_\_\_

Were you issued a citation for the accident? \_\_\_\_\_

Who was at-fault for the accident? \_\_\_\_\_

#### Other Parties Insurance

Name \_\_\_\_\_

Insurance \_\_\_\_\_

Address \_\_\_\_\_

Claim # \_\_\_\_\_

Policy Holders Name \_\_\_\_\_

Phone# \_\_\_\_\_

I DECLARE THE ABOVE INFORMATION TO BE TRUE AND CORRECT.

Signature \_\_\_\_\_

Date \_\_\_\_\_



### NECK PAIN DISABILITY INDEX QUESTIONNAIRE

*This Questionnaire is designed to enable us to understand how much your neck pain has affected your ability to manage everyday activities. Please answer each section by circling the **ONE CHOICE** that most applies to you. We realize that you may feel more than one statement may relate to you, but please only circle one that best describes you right now.*

<b>SECTION 1: Pain Intensity</b> 0. I have no pain at the moment. 1. The pain is very mild at the moment. 2. The pain is moderate at the moment. 3. The pain is fairly severe at the moment. 4. The pain is very severe at the moment. 5. The pain is the worst imaginable at the moment.	<b>SECTION 6: Personal care(Washing,Dressing,etc)</b> 0. I can look after myself normally without pain. 1. I can look after myself normally, but it causes extra pain. 2. It is painful to look after myself and I am slow and careful. 3. I need some help, but manage most of my personal care. 4. I need help every day in most aspects of self-care. 5. I do not get dressed; I was with difficulty and stay in bed.
<b>SECTION 2: Sleeping</b> 0. I have no trouble sleeping. 1. My sleep is slightly disturbed (less than 1 hour ) 2. My sleep is mildly disturbed (1-2 hours sleepless) 3. My sleep is moderately disturbed (2-3 hours) 4. My sleep is greatly disturbed(3-5 hours) 5. My sleep is completely disturbed (5-7 hours)	<b>SECTION 7: Lifting</b> 0. I can lift heavy weights without extra pain. 1. I can lift heavy weights, but it gives extra pain. 2. Pain prevents me from lifting heavy weights off the floor but I can manage if they are positioned, for example on a table. 3. Pain prevents me from lighting heavy weights, but I can manage light to medium weights if positioned correctly. 4. I can lift very light weights. 5. I cannot lift or carry anything at all.
<b>SECTION 3: Reading</b> 0. I can read as much as I want with no neck pain. 1. I can read as much as I want with slight neck pain. 2. I can read as much as I want with moderate pain. 3. I cannot read as much I want because of moderate pain. 4. I can hardly read at all because of severe neck pain. 5. I cannot read at all because of severe neck pain.	<b>SECTION 8: Driving</b> 0. I can drive without any neck pain. 1. I can drive my car with slight neck pain. 2. I can drive my car with moderate neck pain. 3. I cannot drive my car with moderate neck pain. 4. I can hardly drive with severe neck pain. 5. I cannot drive my car at all.
<b>SECTION 4: Concentration:</b> 0. I can concentrate fully when I want with no difficulty. 1. I can concentrate fully with slight difficulty. 2. I have a fair degree of difficulty concentrating. 3. I have a lot of difficulty concentrating when I want to. 4. I have a great deal of difficulty concentrating. 5. I cannot concentrate at all.	<b>SECTION 9: Recreation</b> 0. I am able to engage in all activities with no neck pain. 1. I am able to engage in activities with slight neck pain. 2. I am able to engage in most activities but not all. 3. I am able to engage in a few activities because of pain. 4. I can hardly do any activities due to pain in my neck. 5. I cannot do any recreational activities at all.
<b>SECTION 5: Work</b> 0. I can do as much work as I want to without pain. 1. I can only do some of my usual work, but no more. 2. I can do most of my usual work, but no more. 3. I cannot do my usual work. 4. I can hardly do any work at all. 5. I cannot do any work at all.	<b>SECTION 10: Headaches</b> 0. I have no headaches at all. 1. I have slight headaches with comes infrequently. 2. I have moderate headaches with comes infrequently. 3. I have moderate headaches with comes frequently. 4. I have severe headaches 5. I have headaches almost all the time.

**NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **SCORE:** \_\_\_\_\_

### LOW BACK PAIN DISABILITY INDEX QUESTIONNAIRE

*This Questionnaire is designed to enable us to understand how much your back pain has affected your ability to manage everyday activities. Please answer each section by circling the **ONE CHOICE** that most applies to you. We realize that you may feel more than one statement may relate to you, but please only circle one that best describes you right now.*

<b>SECTION 1: Pain Intensity</b> <ul style="list-style-type: none"><li>0. The pain comes and goes and is very mild.</li><li>1. The pain is mild and does not vary much.</li><li>2. The pain come and goes and is moderate.</li><li>3. The pain is moderate and does not vary much.</li><li>4. The pain come and goes and is very severe.</li><li>5. The pain is severe and does not vary much.</li></ul>	<b>SECTION 6: Personal Care</b> <ul style="list-style-type: none"><li>0. I do not have to change my personal care routine.</li><li>1. I do not change my personal care routine even with pain.</li><li>2. My personal care routine increases with pain.</li><li>3. My personal care increases with pain but change my way of doing it.</li><li>4. I am unable to do some personal care due to pain.</li><li>5. Because of pain I am unable to do any personal care.</li></ul>
<b>SECTION 2: Sleeping</b> <ul style="list-style-type: none"><li>0. I get no pain in bed.</li><li>1. I get pain but do not prevent me from sleeping.</li><li>2. Because of pain, my sleep is reduced by 25%</li><li>3. Because of pain, my sleep is reduced by 50%</li><li>4. Because of pain, my sleep is reduced by 75%</li><li>5. Pain prevents me from sleeping at all.</li></ul>	<b>SECTION 7: Lifting</b> <ul style="list-style-type: none"><li>0. I can lift heavy weights without pain.</li><li>1. I can lift heavy weights but it causes pain.</li><li>2. Pain prevents me from lifting weights off the floor.</li><li>3. Pain prevents me from lifting but I can manage.</li><li>4. I can only lift light to medium weight.</li><li>5. I cannot lift any weight at all.</li></ul>
<b>SECTION 3: Sitting:</b> <ul style="list-style-type: none"><li>0. I can sit as long as I like with no pain.</li><li>1. I can sit in my favorite chair as long as I like.</li><li>2. Pain prevents me from sitting for more than 1 hour.</li><li>3. Pain prevents me from sitting for ½ hour.</li><li>4. Pain prevents me from sitting for more than 10 mins.</li><li>5. Pain prevents me from sitting at all.</li></ul>	<b>SECTION 8: Traveling</b> <ul style="list-style-type: none"><li>0. I get no pain traveling.</li><li>1. I get some pain traveling.</li><li>2. I get extra pain traveling but it does not compel me to seek alternative forms of travel.</li><li>3. I get extra pain which compels to me seek other form of travel.</li><li>4. Pain restricted all forms of travel.</li><li>5. Pain prevents me from all forms of travel.</li></ul>
<b>SECTION 4: Standing</b> <ul style="list-style-type: none"><li>0. I can stand all long as I want with no pain.</li><li>1. I have some pain while standing but does not increase.</li><li>2. I cannot stand longer than 1 hour.</li><li>3. I cannot stand longer than ½ hour.</li><li>4. I cannot stand longer than 10 mins.</li><li>5. I avoid standing because pain increases immediately.</li></ul>	<b>SECTION 9: Social Life</b> <ul style="list-style-type: none"><li>0. My social life is normal and gives me no pain.</li><li>1. My social life is normal but increases with pain.</li><li>2. Pain has no significant effect on my social life.</li><li>3. Pain has restricted my social life and I do not go out often.</li><li>4. Pain has restricted my social life to my home.</li><li>5. I have hardly any social life due to pain.</li></ul>
<b>SECTION 5: Walking</b> <ul style="list-style-type: none"><li>0. I have no pain while walking.</li><li>1. I have some pain while walking but does not increase with distance.</li><li>2. I cannot walk more than 1 mile without pain.</li><li>3. I cannot walk more than ½ mile without pain.</li><li>4. I cannot walk more than 10 min without pain.</li><li>5. I cannot walk at all without increasing pain.</li></ul>	<b>SECTION 10: Changing Degree of Pain</b> <ul style="list-style-type: none"><li>0. My pain is rapidly getting better.</li><li>1. My pain fluctuates but overall is definitely getting better.</li><li>2. My pain seems to get better but improvement is slow.</li><li>3. My pain is neither getting better nor worse.</li><li>4. My pain is gradually getting worse.</li><li>5. My pain rapidly worsening.</li></ul>

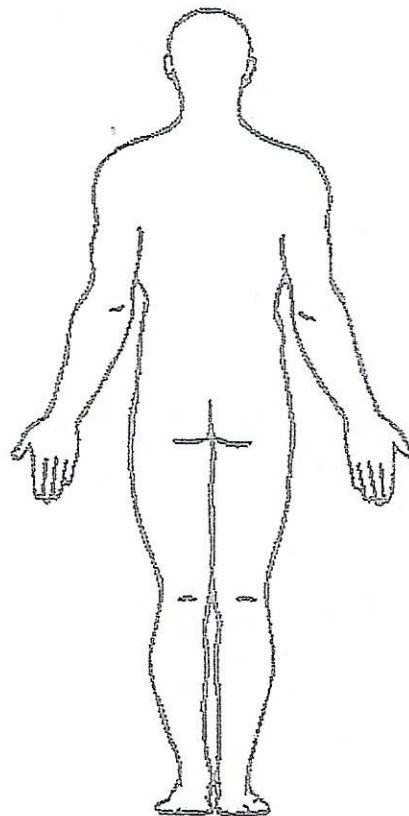
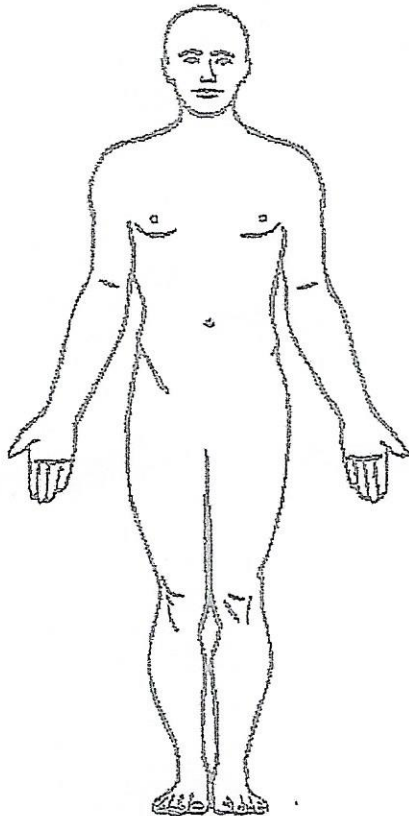
**NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **SCORE:** \_\_\_\_\_

HALEY CHIROPRACTIC CLINIC  
1919 N Pearl. St., #A-4  
Tacoma, WA 98406  
(253) 761-0930

Review of Symptoms

Indicate on the drawing where you are having symptoms of:

- B- Burning
- S- Stabbing
- A- Aching
- N- Numbness
- P- Pins & Needles sensation
- X- Pain



Name \_\_\_\_\_ Date \_\_\_\_\_

Your weight \_\_\_\_\_

Height \_\_\_\_\_