

History of Traumas

Name _____ Preference _____ Date _____

_____ Auto Accident _____ Work Injury _____ Other

What is it that you know or have heard about Chiropractic? _____

TRAUMAS:

Medical research has long proven that the body retains the memory of every physical trauma it has ever had, even impacts of just 5 mph. Even after impacts when you say you feel fine, the body may be causing you to carry your center of gravity one way or another to compensate for your new imbalances. Therefore, everything that has ever happened to you somehow has its blueprint on who you are today, what your posture is, how you walk, and the very problems you feel.

Please help me obtain a thorough history of your traumas. Remember you did not have to feel pain at the time of the trauma or have gone to a doctor at the time.

1. Were you involved in a childhood sports? _____

What were some of your most memorable hits, regardless of how pain-free you felt after? _____

2. Have you ever broken any bones, even in your feet? Anything that causes an alteration in gait can cause altered spinal mechanics for many months and years.

3. What were some of the forms of work you started with early in your career? Even something as innocent as sitting, if done for prolonged periods of time, can weaken the stability of the spine.

4. When were you in the most recent car accident, even as little as 5mph?

Who was the spinal specialist or chiropractor who checked you after?

5. Have you ever had any surgeries? Even unrelated to the spine, it is not uncommon during the recovery period for us to live with compensated body mechanics.

6. Have you had any headaches or other physical challenges which have caused you to have time off from work?

7. When was the most recent time you lost your balance or slipped in the house, on some stairs, or on ice?

8. Have you had any increase in emotional stress in your life recently?
