Holland Health Chiropractic Center
602 Grand Ave
Ardmore, OK 73401
5804909888

Patient Intake Form

Welcome to our office of chiropractic. Thank you for taking a moment to fill in our ***Patient Intake Form***. Please fill this form completely and to the best of your knowledge. Let our staff know if you have any questions. When complete return it to our office with the bottom authorization checked and appropriate signatures filled in.

Patient Information

Personal Information

*First Name: _____
Middle Name: _____
*Last Name: _____
Gender: ○ Female ○ Male
Date of Birth: _____
Social Security #: ___ ___ ____
Height: ____ Feet ____ Inches
Weight: _____
Marital Status: _____
Spouse's Name: _____
Number of Children: _____

Emergency Contact: _____
Relationship: _____
Phone: _____

Contact Information

*Email: _____

(We will NOT share your email with any third party. We will only use your email to contact you in relation to your care with our practice.)

Home Phone: _____
Cell Phone: _____
Work Phone: _____

Country: United States
Address Line 1: _____
Address Line 2: _____
City: _____
State/Province/Region: _____
Zip/Postal Code: _____

Complaint Information

If you have more than one complaint, address your primary complaint in your responses to the questions in this section and select Yes to indicate that you have an additional complaint. The form will populate a secondary question section for you to address your additional complaint. You may address up to four complaints.

What is the purpose of your visit?

What is the reason for this visit?

Date of scheduled appointment

When did this condition begin?

How long have you had this condition?

What caused this condition?

Where is the discomfort?

*Select only one area of discomfort for your chief complaint. Add additional areas of discomfort as additional complaints by selecting **Yes** in response to **Do you have an additional complaint?** at the bottom of this section.*

Head

- ☐ Front of head
- ☐ Back of head
- ☐ Right side of head
- ☐ Left side of head

Neck

- ☐ Front of neck
- ☐ Back of neck
- ☐ Right side of neck
- ☐ Left side of neck

Back

- ☐ Right mid back
- ☐ Left mid back
- ☐ Central mid back

- ☐ Right low back
- ☐ Left low back
- ☐ Central low back

Trunk

- ☐ Abdomen
- ☐ Chest
- ☐ Front of ribs
- ☐ Back of ribs
- ☐ Right side of ribs
- ☐ Left side of ribs

Upper Extremity

- ☐ Front of right upper extremity
- ☐ Rear of right upper extremity
- ☐ Front of left upper extremity
- ☐ Rear of left upper extremity

- ☐ Front of right shoulder
- ☐ Rear of right shoulder
- ☐ Front of left shoulder
- ☐ Rear of left shoulder

- ☐ Front of right upper arm
- ☐ Rear of right upper arm
- ☐ Front of left upper arm
- ☐ Rear of left upper arm

- ☐ Front of right elbow
- ☐ Rear of right elbow
- ☐ Front of left elbow
- ☐ Rear of left elbow

- ☐ Front of right wrist
- ☐ Front of left wrist

- ☐ Rear of right wrist
- ☐ Rear of left wrist
- ☐ Front of right hand
- ☐ Front of left hand
- ☐ Rear of right hand
- ☐ Rear of left hand

Lower Extremity

- ☐ Front of right lower leg
- ☐ Front of left lower leg
- ☐ Rear of right lower leg
- ☐ Rear of left lower leg
- ☐ Front of right hip
- ☐ Front of left hip
- ☐ Rear of right hip
- ☐ Rear of left hip
- ☐ Front of right thigh
- ☐ Front of right knee
- ☐ Rear of right thigh
- ☐ Rear of right knee
- ☐ Front of left thigh
- ☐ Front of left knee
- ☐ Rear of left thigh
- ☐ Rear of left knee
- ☐ Front of right leg
- ☐ Front of right ankle
- ☐ Rear of right leg
- ☐ Rear of right ankle
- ☐ Front of left leg
- ☐ Front of left ankle
- ☐ Rear of left leg
- ☐ Rear of left ankle
- ☐ Top of right foot
- ☐ Top of left foot
- ☐ Bottom of right foot
- ☐ Bottom of left foot
- ☐ Right side of right foot
- ☐ Right side of left foot
- ☐ Left side of right foot
- ☐ Left side of left foot

- ☐ OTHER

Does the discomfort radiate/travel?

○ Yes ○ No

Describe the quality of the discomfort. Choose all that apply.

- ☐ Aching
- ☐ Sharp
- ☐ Annoying
- ☐ Shock-like
- ☐ Burning
- ☐ Shooting
- ☐ Deep
- ☐ Stabbing
- ☐ Diffuse
- ☐ Stiffness
- ☐ Dull
- ☐ Throbbing
- ☐ Heavy
- ☐ Tightness
- ☐ Intolerable
- ☐ Tingling
- ☐ Pulling
- ☐ OTHER

Describe the onset of the discomfort. Choose only one.

○ Gradual ○ Insidious ○ Recent ○ Spontaneous ○ Sudden ○ Traumatic ○ Unknown

Describe the intensity of the discomfort. Choose only one.

○ Mild ○ Mild to moderate ○ Moderate ○ Moderate to severe ○ Severe

Rate the severity of your discomfort on a scale of 1-10 where 1 is the least severe and 10 is the most severe.

○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

Least severe <----------> Most severe

How often do you feel this discomfort? Choose only one.

○ Constant ○ Frequent ○ Intermittent ○ On and off ○ Random ○ Recurring

How has this complaint changed since the onset?

○ Improved ○ Stayed the same ○ Worsened

What activity is most significantly affected by this discomfort?

What aggravates this condition? Choose all that apply.

- ☐ Almost any movement
- ☐ Athletic activity and/or exercise
- ☐ Bathing
- ☐ Bending
- ☐ Caring for family
- ☐ Carrying
- ☐ Changing positions
- ☐ Climbing stairs
- ☐ Computer use
- ☐ Concentrating
- ☐ Cooking
- ☐ Coughing and/or sneezing
- ☐ Daily child or pet care
- ☐ Driving
- ☐ Eating
- ☐ Falling or staying asleep
- ☐ Getting in or out of car
- ☐ Getting out of bed
- ☐ Getting up from lying down
- ☐ Getting up from sitting
- ☐ Grocery shopping
- ☐ Household chores
- ☐ Lifting
- ☐ Looking over shoulder
- ☐ Love life
- ☐ Lying down
- ☐ Pulling
- ☐ Pushing
- ☐ Reaching
- ☐ Reading
- ☐ Repetitive motions
- ☐ Resting
- ☐ Running
- ☐ Self care (dressing, bathing, etc.)
- ☐ Shaving
- ☐ Sitting
- ☐ Squatting
- ☐ Standing
- ☐ Stress
- ☐ Stretching
- ☐ Talking on telephone
- ☐ Turning
- ☐ Twisting
- ☐ Unknown
- ☐ Walking
- ☐ Working
- ☐ Yard work
- ☐ OTHER

What improves this condition? Choose all that apply.

- ☐ Nothing
- ☐ Chiropractic adjustment
- ☐ Cold packs
- ☐ Exercise
- ☐ Heat packs
- ☐ Massage
- ☐ Over-the-counter medications
- ☐ Physical therapy
- ☐ Prescription medication
- ☐ Re-direct attention
- ☐ Rest
- ☐ Stretching
- ☐ Work
- ☐ OTHER

What treatment have you received for this condition up to now?

- ☐ None
- ☐ Acupuncture
- ☐ Chiropractic care
- ☐ Craniosacral therapy
- ☐ Homeopathic medicine
- ☐ Hypnosis
- ☐ Injection therapy
- ☐ Occupational therapy
- ☐ Osteopathic medicine
- ☐ Over-the-counter medications
- ☐ Physical therapy
- ☐ Prescribed medications
- ☐ Psychotherapy

- ☐ Medical care
- ☐ Naturopathic medicine
- ☐ Nutritional supplements
- ☐ Reiki
- ☐ Surgery
- ☐ OTHER

Were any diagnostic tests performed to assess this condition (including X-rays, MRIs, etc.)?

○ Yes ○ No ○ Unsure

Have you ever had any previous episodes of this condition?

○ Yes ○ No

In what ways does this condition affect your life and your ability to function? Choose all that apply.

- ☐ Bending over
- ☐ Caring for family
- ☐ Climbing stairs
- ☐ Concentrating
- ☐ Dressing myself
- ☐ Driving a car
- ☐ Exercising
- ☐ Getting in/out of car
- ☐ Getting to sleep
- ☐ Grocery shopping
- ☐ Household chores
- ☐ Lifting objects
- ☐ Looking over shoulder
- ☐ Love life
- ☐ Lying down
- ☐ Reaching overhead
- ☐ Rising out of chair or bed
- ☐ Showering or bathing
- ☐ Sitting
- ☐ Standing
- ☐ Staying asleep
- ☐ Using a computer
- ☐ Walking
- ☐ Yard work

Do you have an additional complaint?

○ Yes ○ No

Review of Systems

Musculoskeletal

- ☐ No additional musculoskeletal complaints
- ☐ Additional musculoskeletal complaints

Neurological

- ☐ No additional neurological complaints
- ☐ Additional neurological complaints

Head, Eyes, Ears, Nose and Throat

- ☐ No complaints
- ☐ Head, eyes, ears, nose and throat complaints

Cardiovascular

- ☐ No cardiovascular complaints
- ☐ Heart or blood vessel complaints

Respiratory

- ☐ No respiratory complaints
- ☐ Breathing or lung complaints

Gastrointestinal

- ☐ No gastrointestinal complaints
- ☐ Stomach or intestinal complaints

Genitourinary

- ☐ No genitourinary complaints
- ☐ Genital or bladder or urinary complaints

Endocrine

- ☐ No endocrine complaints
- ☐ Hormonal or glandular concerns

Dermatological and Bleeding

- ☐ No skin or bleeding complaints
- ☐ Skin or bleeding concerns

Past, Family and Social History

List your (or the patient's) past surgical history. Choose all that apply and indicate the year in which the surgeries were performed.

- ☐ Yes, surgical history
- ☐ No surgical history

Describe any past illnesses or conditions the doctor should be aware of and the age at which the illness(es) reportedly occurred. Respond respectively to each illness listed. If personal health history is good, select "No past illnesses (including diabetes, cancer, hypertension and progressive neurological diseases)"

- ☐ Yes, past illnesses
- ☐ No past illnesses (including diabetes, cancer, hypertension and progressive neurological diseases)

Number of children:

Number of pregnancies:

Number of deliveries

List any past history of accidents or trauma. Choose all that apply.

- ☐ No previous trauma reported
- ☐ No new trauma reported since initial intake
- ☐ Single automobile accident
- ☐ Multiple automobile accidents
- ☐ Slip and fall
- ☐ Multiple slip and falls
- ☐ Single motorcycle accident
- ☐ Multiple motorcycles accident
- ☐ Single boating accident
- ☐ Multiple boating accidents
- ☐ Resulting in fracture(s)
- ☐ Resulting in permanent injury or disability
- ☐ Resulting in hospitalization(s)
- ☐ Resulting in no significant injury or loss
- ☐ Resulting in sprains/strains
- ☐ Resulting in loss of consciousness
- ☐ Suicide (including attempts)
- ☐ OTHER

Are you presently taking any medication?

- ○ Yes ○ No

List your (or the patient's) family health history. Choose all that apply to blood relatives only.

- ☐ No family history of diabetes, cancer, hypertension and progressive neurological disorders.
- ☐ Not applicable, patient was adopted
- ☐ Unknown
- ☐ No change in family health history
- ☐ AIDS/HIV
- ☐ Alcoholism
- ☐ Alzheimer's
- ☐ Anemia
- ☐ Anorexia
- ☐ Extremity issues
- ☐ Fracture
- ☐ Heart disease
- ☐ Hepatitis
- ☐ Hereditary disorder
- ☐ Hernia
- ☐ Herniated disc
- ☐ High blood pressure

- ☐ Arthritis
- ☐ Asthma
- ☐ Bleeding disorders
- ☐ Breast lump
- ☐ Bronchitis
- ☐ Bulimia
- ☐ Cancer
- ☐ Chemical dependency
- ☐ Congenital anomaly
- ☐ Depression
- ☐ Diabetes
- ☐ Emphysema
- ☐ Epilepsy
- ☐ High cholesterol
- ☐ Hospitalization
- ☐ Kidney disease
- ☐ Liver disease
- ☐ Migraine headaches
- ☐ Miscarriage
- ☐ Multiple sclerosis
- ☐ Natural labor
- ☐ Neuromuscular issues
- ☐ Osteoarthritis
- ☐ Trauma/injury
- ☐ OTHER

What are your (or are the patient's) current work habits? Choose all that apply.

- ☐ None reported
- ☐ No change in work habits since condition began
- ☐ Cannot not work due to presenting condition
- ☐ Permanently fully disabled
- ☐ Permanently partially disabled

- ☐ Full-time
- ☐ Part-time
- ☐ Homemaker
- ☐ Retired
- ☐ Student
- ☐ Unemployed

- ☐ 0 to 20 hours per week
- ☐ 20 to 40 hours per week
- ☐ 40 to 50 hours per week
- ☐ 50 to 60 hours per week
- ☐ 60 to 70 hours per week
- ☐ Over 70 hours per week

- ☐ Mostly sitting
- ☐ Mostly standing
- ☐ Mostly walking
- ☐ Light labor
- ☐ Moderate labor
- ☐ Heavy labor
- ☐ Sedentary
- ☐ Computer
- ☐ Repetitive
- ☐ Telephone
- ☐ Difficult
- ☐ Enjoyable
- ☐ Relaxed
- ☐ Stressful

How would you describe your (or the patient's) personal social habits? Choose all that apply.

- ☐ No change in social habits since injury
- ☐ Does not smoke, drink alcohol or take recreational drugs
- ☐ A social drinker

- ☐ Current every day smoker
- ☐ Current some day smoker
- ☐ Ex-smoker
- ☐ Heavy tobacco smoker
- ☐ Light tobacco smoker
- ☐ Never smoked tobacco
- ☐ Smoker, current status unknown
- ☐ Unknown if ever smoked

- ☐ A light drinker
- ☐ A moderate drinker
- ☐ A heavy drinker
- ☐ An alcoholic
- ☐ A recovering alcoholic

- ☐ Does not drink caffeine
- ☐ Drinks 1 cup of caffeine in the morning
- ☐ Drinks 2 to 4 cups of caffeine per day
- ☐ Drinks 5 or more cups of caffeine per day

- ☐ Does not use recreational drugs
- ☐ Light use of recreational drugs
- ☐ Moderate use of recreational drugs
- ☐ Heavy use of recreational drugs
- ☐ Is drug addicted
- ☐ Is A recovering drug addict

How would you describe your (or the patient's) present exercise habits? Choose all that apply.

- ☐ No changes in exercise habits since condition began
- ☐ Daily
- ☐ None
- ☐ Every other day
- ☐ Few times a week
- ☐ Once a week
- ☐ Almost nothing
- ☐ Aerobic
- ☐ Stretching
- ☐ Strength
- ☐ Baseball
- ☐ Basketball
- ☐ Blading
- ☐ Boating
- ☐ Climbing
- ☐ Cycling
- ☐ Football
- ☐ Golf
- ☐ Handball
- ☐ Hang gliding
- ☐ Hiking
- ☐ Ice skating
- ☐ Mountain climbing
- ☐ Ping-Pong
- ☐ Racquetball
- ☐ Running
- ☐ Skiing
- ☐ Skydiving
- ☐ Snowboarding
- ☐ Soccer
- ☐ Surfing
- ☐ Tennis
- ☐ Volleyball
- ☐ Walking
- ☐ Waterskiing
- ☐ Weight training
- ☐ Weight training with a personal trainer
- ☐ Pilates
- ☐ Spinning
- ☐ Step
- ☐ Yoga
- ☐ Zumba
- ☐ OTHER

How would you describe your (or the patient's) diet and nutritional status? Choose all that apply.

- ☐ No changes in diet or nutrition since condition began
- ☐ Controlled
- ☐ Out-of-control
- ☐ Restricted
- ☐ Unrestricted
- ☐ 1 to 2 meals a day
- ☐ 2 to 3 meals a day
- ☐ More than 3 meals a day
- ☐ Reports eating too little
- ☐ Reports eating too much
- ☐ Binges
- ☐ Purges
- ☐ Balanced
- ☐ High protein
- ☐ Atkins
- ☐ Diabetic
- ☐ Gluten free
- ☐ Ideal Protein
- ☐ Jenny Craig
- ☐ Kosher
- ☐ Macrobiotic
- ☐ Paleo
- ☐ Raw food
- ☐ South Beach
- ☐ Vegan
- ☐ Vegetarian
- ☐ Weight Watchers

- ☐ Low carbohydrate
- ☐ Low-fat
- ☐ Low-cholesterol
- ☐ No red meat
- ☐ Zone
- ☐ Does not take daily supplements
- ☐ Takes daily supplements
- ☐ OTHER

Insurance & Payment for Care

How do you plan to pay for care?

○ Personal Insurance ○ Third-Party Insurance ○ No Insurance, Self-Pay

Name of Party Responsible for Payment: _____

Responsible Party Phone: _____

Primary Insurance

Insurance Name: _____
Phone: _____
Address: _____
City: _____
State: _____
Zip: _____
ID/Policy #: _____
Group #: _____
Insured's Name: _____
Insured's Date of Birth: _____

Secondary Insurance

Insurance Name: _____
Phone: _____
Address: _____
City: _____
State: _____
Zip: _____
ID/Policy #: _____
Group #: _____
Insured's Name: _____
Insured's Date of Birth: _____

If an auto accident, please provide:

Claim #: _____

Insurance Contact Person: _____

Insurance Phone: _____

Attorney's Full Name: _____

Attorney's Phone: _____

Authorization

I certify that I'm the patient or legal guardian listed above. I have read/understand the included information and certify it to be true and accurate to the best of my knowledge. I consent to the collection and use of the above information to this office of chiropractic. I authorize this office and its staff to examine and treat my condition as the doctors see fit. I hereby authorize the doctor to release all information necessary to any insurance company, attorney, or adjuster for the purpose of claim reimbursement of charges incurred by me. I grant the use of my signed statement of authorization with my signature

for required insurance submissions. I understand and agree that all services rendered to me will be charged to me, and I'm responsible for timely payment of such services. I understand and agree that health/accident insurance policies are an arrangement between an insurance carrier and myself. I understand that fees for professional services will become immediately due upon suspension or termination of my care or treatment.

* ☐ **I agree with this statement of authorization**

Name of the Insured:
(Please Print) _____

Patient's/Guardian's signature: _____ **Date:** _____