



2 East 76<sup>th</sup> st. New York, NY 10021  
(917)338-6048 Mangochiropractic.com

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Work Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Cell Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
Email Address: \_\_\_\_\_ Occupation: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Social Security #: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Gender: Male - Female

List any **Allergies**:

- Animals  Aspirin  Bees  Chocolate  Dairy  Dust  Eggs  Latex  Molds  Penicillin  Ragweed/Pollen  
 Rubber  Seasonal Allergies  Shellfish  Soaps  Wheat  X-Ray Dye  Other: \_\_\_\_\_

List any **Surgeries**:

- Back  Brain  Elbow  Foot  Hip  Knee  Neck  Neurological  Shoulder  Wrist  Other: \_\_\_\_\_

List **ALL Past Medical History** conditions:

- Ankle Pain  Arm Pain  Arthritis  Asthma  Back Pain  Broken Bones  Cancer  Chest Pain  Depression  
 Diabetes  Dizziness  Elbow Pain  Epilepsy  Eye/Vision Problems  Fainting  Fatigue  Foot Pain  
 Genetic Spinal Condition  Hand Pain  Headaches  Hearing Problems  Hepatitis  High Blood Pressure  
 Hip Pain  HIV  Jaw Pain  Joint Stiffness  Knee Pain  Leg Pain  Menstrual Problems  Mid-Back Pain  
 Minor Heart Problem  Multiple Sclerosis  Neck Pain  Neurological Problems  Pacemaker  Parkinson's  
 Polio  Prostate Problems  Shoulder Pain  Significant Weight Change  Spinal Cord Injury  Sprain/Strain  
 Stroke/Heart Attack  Other: \_\_\_\_\_

List Type of **Medications** you are taking:

- Anxiety  Muscle Relaxors  Pain Killers  Insulin  Birth control  Cardiovascular  Allergy  Seizure  
 Other: \_\_\_\_\_

List your **Family History**:

- Arthritis  Asthma  Back Pain  Cancer  Depression  Diabetes  Epilepsy  Genetic Spinal Condition  
 High Blood Pressure  Heart Problems  Multiple Sclerosis  Neurological Problems  Parkinson's  Polio  
 Prostate Problems  Stroke/Heart Attack  Other: \_\_\_\_\_

Have you had any auto or other accidents?  No  Yes

Describe: \_\_\_\_\_

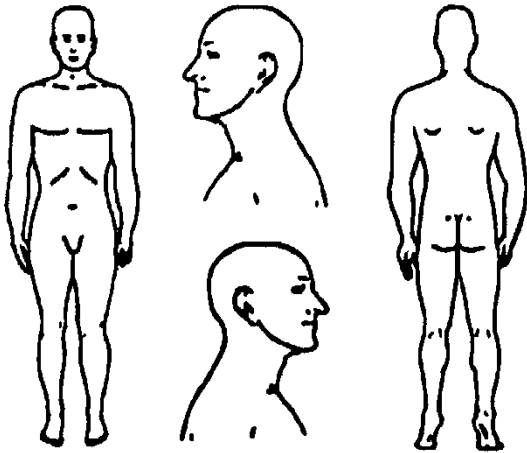
Date of last physical examination: \_\_\_\_\_ Do you smoke?  No  Yes

Do you drink alcohol?  No  Yes - how many per day? \_\_\_\_\_

Do you drink caffeine?  No  Yes - how many per day? \_\_\_\_\_

Do you exercise?  No  Yes (what forms and how often): \_\_\_\_\_

*PLEASE MARK YOUR AREAS OF PAIN ON THE DIAGRAM BELOW*



Main reason for consulting the office:

- Become pain free
- Explanation of my condition
- Learn how to care for my condition
- Reduce symptoms
- Resume normal activity level

What is your major complaint? \_\_\_\_\_ Date problem began? \_\_\_\_\_

How did this problem begin (falling, lifting, etc.)? \_\_\_\_\_

How is your condition changing?  GETTING BETTER  GETTING WORSE  NOT CHANGING

Have you had this condition in the past? YES - NO

How often do you experience your symptoms?

Constantly (76-100% of the day)  Frequently (51-75% of the day)

Occasionally (26-50% of the day)  Intermittently (0-25% of the day)

Describe the nature of your symptoms:  Sharp  Dull  Numb  Burning  Shooting  Tingling  Radiating Pain

Tightness  Stabbing  Throbbing  Other: \_\_\_\_\_

Please rate your pain on a scale of 1 to 10 (0= no pain and 10= excruciating pain)

1  2  3  4  5  6  7  8  9  10

How do your symptoms affect your ability to perform daily activities such as working or driving?

(0= no effect and 10= no possible activities)  1  2  3  4  5  6  7  8  9  10

What activities aggravate your condition (working, exercise, etc)? \_\_\_\_\_

What makes your pain better (ice, heat, massage, etc)? \_\_\_\_\_

What is your SECOND complaint (IF APPLICABLE)? \_\_\_\_\_ Date problem began? \_\_\_\_\_

How did this problem begin (falling, lifting, etc.)? \_\_\_\_\_

How is your condition changing?  GETTING BETTER  GETTING WORSE  NOT CHANGING

Have you had this condition in the past? YES - NO

How often do you experience your symptoms?

Constantly (76-100% of the day)  Frequently (51-75% of the day)

Occasionally (26-50% of the day)  Intermittently (0-25% of the day)

Describe the nature of your symptoms:  Sharp  Dull  Numb  Burning  Shooting  Tingling  Radiating Pain

Tightness  Stabbing  Throbbing  Other: \_\_\_\_\_

Please rate your pain on a scale of 1 to 10 (0= no pain and 10= excruciating pain)

1  2  3  4  5  6  7  8  9  10

How do your symptoms affect your ability to perform daily activities such as working or driving?

(0= no effect and 10= no possible activities)  1  2  3  4  5  6  7  8  9  10

What activities aggravate your condition (working, exercise, etc)? \_\_\_\_\_

What makes your pain better (ice, heat, massage, etc)? \_\_\_\_\_

What is your major THIRD complaint (IF APPLICABLE)? \_\_\_\_\_ Date problem began? \_\_\_\_\_

How did this problem begin (falling, lifting, etc.)? \_\_\_\_\_

How is your condition changing?  GETTING BETTER  GETTING WORSE  NOT CHANGING

Have you had this condition in the past? YES - NO

How often do you experience your symptoms?

Constantly (76-100% of the day)  Frequently (51-75% of the day)

Occasionally (26-50% of the day)  Intermittently (0-25% of the day)

Describe the nature of your symptoms:  Sharp  Dull  Numb  Burning  Shooting  Tingling  Radiating Pain

Tightness  Stabbing  Throbbing  Other: \_\_\_\_\_

Please rate your pain on a scale of 1 to 10 (0= no pain and 10= excruciating pain)

1  2  3  4  5  6  7  8  9  10

How do your symptoms affect your ability to perform daily activities such as working or driving?

(0= no effect and 10= no possible activities)  1  2  3  4  5  6  7  8  9  10

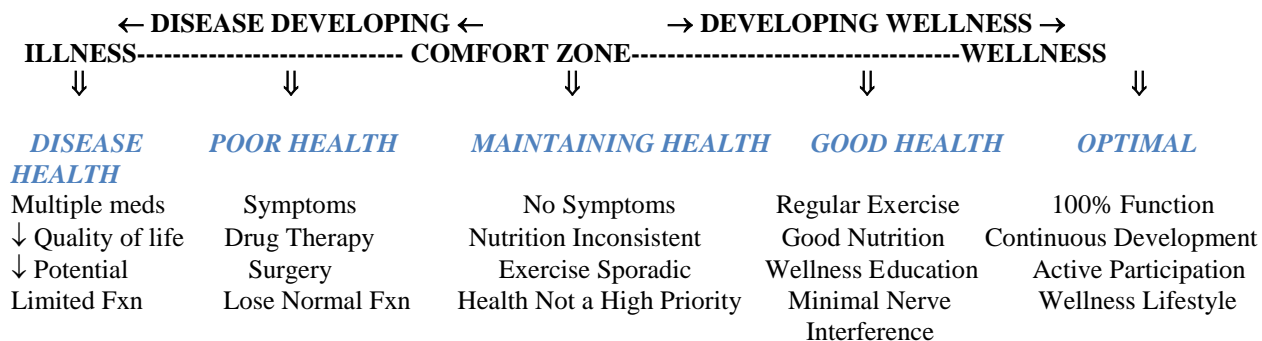
What activities aggravate your condition (working, exercise, etc)? \_\_\_\_\_

What makes your pain better (ice, heat, massage, etc)? \_\_\_\_\_

**Quality of life and current health status:**

How do you grade your physical health?	Excellent	Good	Fair	Poor
How do you grade your emotional/mental health?	Excellent	Good	Fair	Poor
How do you grade your overall "quality of life"?	Excellent	Good	Fair	Poor

Please look at the chart and indicate on the line below where you currently are on this health continuum. Mark your current status with an (A) and also use an arrow to indicate the direction your current health decisions are taking you. Then, indicate on the line where you would like your health to be in the future with the letter (B).



How long did it take you to get to your current health status (point A)? \_\_\_\_\_  
 How long do you think it will take to achieve your goal of future health (point B)? \_\_\_\_\_  
 What lifestyle choices brought you to point A? (lack of exercise, poor nutrition, injury etc.) \_\_\_\_\_

\_\_\_\_\_

What lifestyle choices will help you achieve your health goals? (↑exercise, ↓junk food, etc): \_\_\_\_\_

\_\_\_\_\_

**Please check the choice(s) that most clearly describes your current goals for health and well-being:** (check all that apply):

- I am concerned with my immediate problem (Relief Care).
- I am concerned with my immediate problem and preventing its return (Corrective Care).
- I want to achieve optimum function, health and well-being on every level that is available to me! (Wellness Care).