



EPIC Family Chiropractic

Patient Name: _____ **Date:** _____

Address: _____ **City, State, Zip:** _____

Mobile Phone: _____ **Email Address:** _____

Occupation: _____ **Employer/School:** _____ **Birthday:** _____

Sex: Male Female Other **Marital Status:** Married Single Divorced Widowed

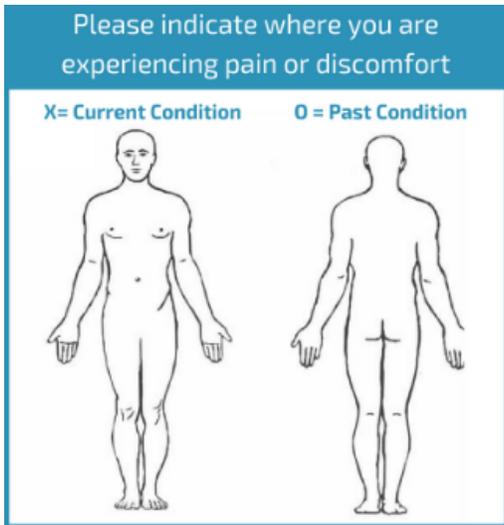
Have you ever been to a chiropractor before? Yes No

If yes, please tell us about your experience. When was your last visit? What technique was used (ex. Manual or instrument)? What did you like / not like about your care? _____

Who may we thank for referring you to our practice? _____

What brought you into our office today?:

Previous interventions, treatments, medications, surgery, or care you've sought for your complaint(s):



Surgeries (Date & Type of Surgery): _____

Medications and reasons for taking them: _____

Vitamins/Supplements you take: _____



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TRAUMAS: Physical Injury History

Have you ever had any significant falls or other injuries as an adult? Yes No
If yes, please explain:

Notable childhood injuries? Yes No | If yes, please explain:

Any auto accidents? Yes No | If yes, please explain:

Exercise frequency? None 1-2x per week 3-5x per week Daily

What types of exercise?

How do you normally sleep? Back Side Stomach

Do you commute to work? Yes No
If yes, how many minutes per day?

List any problems with flexibility: (ex. Putting on socks/shoes, etc.)

How many hours per day do you typically spend at a desk or on a computer, tablet, or phone?

TOXINS: Chemical Stress History

Please rate/circle your CONSUMPTION for each:

1 = None | 3 = Moderate | 5 = High

Alcohol 1 2 3 4 5	Processed Foods 1 2 3 4 5
Water 1 2 3 4 5	Artificial Sweeteners 1 2 3 4 5
Sugar 1 2 3 4 5	Sugary Drinks 1 2 3 4 5
Dairy 1 2 3 4 5	Cigarettes 1 2 3 4 5
Gluten 1 2 3 4 5	Recreational Drugs 1 2 3 4 5

WOMEN ONLY

Previous pregnancies, how many? Outcomes? _____

Are you currently pregnant? Yes, how many weeks/due date? _____ No Unsure

Are you experiencing painful or irregular cycles? No Yes, please explain _____



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INFORMED CONSENT TO CARE

You are the decision maker for your health care. Part of our role is to provide you with information to assist you in making informed choices. This process is often referred to as "informed consent" and involves your understanding and agreement regarding the care we recommend, the benefits and risks associated with the care, alternatives, and the potential effect on your health if you choose not to receive the care.

We may conduct some diagnostic or examination procedures if indicated. Any examinations or tests conducted will be carefully performed but may be uncomfortable.

Chiropractic care centrally involves what is known as a chiropractic adjustment. There may be additional supportive procedures or recommendations as well. When providing an adjustment, we use our hands or an instrument to reposition anatomical structures, such as vertebrae. Potential benefits of an adjustment include restoring normal joint motion, reducing swelling and inflammation in a joint, reducing pain in the joint, and improving neurological functioning and overall well-being.

It is important that you understand, as with all health care approaches, results are not guaranteed, and there is no promise to cure. As with all types of health care interventions, there are some risks to care, including, but not limited to: muscle spasms, aggravating and/or temporary increase in symptoms, lack of improvement of symptoms, burns and/or scarring from electrical stimulation and from hot or cold therapies, including but not limited to hot packs and ice, fractures (broken bones), disc injuries, strokes, dislocations, strains, and sprains. With respect to strokes, there is a rare but serious condition known as an "arterial dissection" that typically is caused by a tear in the inner layer of the artery that may cause the development of a thrombus (clot) with the potential to lead to a stroke. The best available scientific evidence supports the understanding that chiropractic adjustment does not cause a dissection in a normal, healthy artery. Disease processes, genetic disorders, medications, and vessel abnormalities may cause an artery to be more susceptible to dissection. Strokes caused by arterial dissections have been associated with over 72 everyday activities such as sneezing, driving, and playing tennis.

Arterial dissections occur in 3-4 of every 100,000 people whether they are receiving health care or not. Patients who experience this condition often, but not always, present to their medical doctor or chiropractor with neck pain and headaches. Unfortunately a percentage of these patients will experience a stroke.

The reported association between chiropractic visits and stroke is exceedingly rare and is estimated to be related in one in one million to one in two million cervical adjustments. For comparison, the incidence of hospital admission attributed to aspirin use from major GI events of the entire (upper and lower) GI tract was 1219 events/per one million persons/year and risk of death has been estimated as 104 per one million users.eh

It is also important that you understand there are treatment options available for your condition other than chiropractic procedures. Likely, you have tried many of these approaches already. These options may include, but are not limited to: self-administered care, over-the-counter pain relievers, physical measures and rest, medical care with prescription drugs, physical therapy, bracing, injections, and surgery. Lastly, you have the right to a second opinion and to secure other opinions about your circumstances and health care as you see fit.

I have read, or have had read to me, the above consent. I appreciate that it is not possible to consider every possible complication to care. I have also had an opportunity to ask questions about its content, and by signing below, I agree with the current or future recommendation to receive chiropractic care as is deemed appropriate for my circumstance. I intend this consent to cover the entire course of care from all providers in this office for my present condition and for any future condition(s) for which I seek chiropractic care from this office.

Patient Name: _____ **Signature:** _____ **Date:** _____

Parent or Guardian: _____ **Signature:** _____ **Date:** _____

Witness Name: _____ **Signature:** _____ **Date:** _____



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DID YOU KNOW?

Chiropractic care is about much more than pain. It is really about total health and wellbeing. By keeping your spine moving like it is supposed to, your spinal cord and central nervous system functions at its best.

Your central nervous system controls EVERYTHING IN YOUR BODY!

Subluxations in your spine interfere with your Central Nervous System. This causes stress to the organs, muscles, and immune system making it difficult for you to be function at your best.

Subluxations are an abnormal position or misalignment of your spine.

By clearing subluxations, chiropractors are rebooting your nervous system so that messages to and from your brain are up to date.

Things in our daily lives cause subluxations. Our movements, posture, thoughts, traumas, and toxins entering our bodies cause subluxations.

If subluxations are left uncorrected, symptoms will appear and health will decrease.

The “popping sound” you may hear is not coming from your bones moving. It is actually the sound of gas rushing in to fill the partial vacuum created when the joints are adjusted. It is painless and totally harmless.

Chiropractic care is non addictive but good health is! That's right! Once you get adjusted you're not REQUIRED to keep coming back...however, just like you take care of your teeth or your car, your body gets used on a daily basis. It requires maintenance to keep it connected and working at its best. Chiropractic care is a lifelong lifestyle choice that most of our patients choose to continue throughout their life to stay healthy.

Frequency looks different for everyone. Luckily your body will learn how often it is needed for you and your health goals. Twice a week, once a month? Everytime you get adjusted you are moving towards health and proper function.

Chiropractic care is for the whole family! Chiropractic care helps improve spinal and brain function and overall health. It is adaptable to EVERYONE from newborns to Grandma and Grandpa and everyone in between!

PRETTY EPIC, RIGHT?