WELCOME TO ALPINE CHIROPRACTIC CENTER, PC

Patient Information

Patient's First Name	Initial	Last Name	Date of Birth	Gender
			/ /	❑ Male ❑ Female

Mailing Address	City	State	Zip Code

Home phone	Work phone	Cell phone
( ) -	( ) -	( ) -

Employer	Occupation	Email address

Marital Status
- ❑ Single
- ❑ Married
- ❑ Other

Pregnancy statement (for female patients)
- ❑ I **am** pregnant.
- ❑ I **am not** pregnant, nor is pregnancy suspected at this time.
- ❑ I am **not sure**.

Emergency contact name	Emergency contact phone

Medical Information

Primary care physician	Name of practice

Please describe your general symptoms:	Are your symptoms a result of:
	❑ Work injury, Date: ____/____/_____ ❑ Car accident, Date: ____/____/_____ ❑ Other injury or accident, Date: ____/____/_____

Other practitioners who have treated this condition:	How did you hear about us?

Insurance Information

Name of insured	Relationship to patient	Insured's date of birth
		/ /

Financial responsibility: I clearly understand and agree that I am personally responsible for payment in full for all services rendered to me with associated fees whether or not they are covered by insurance. I agree that I am responsible for obtaining coverage information directly from my insurance company, and I acknowledge that Alpine Chiropractic Center PC is not responsible for collecting or communicating this information to me. If as a courtesy, this information is discussed with me, Alpine Chiropractic Center PC and its associates shall not be held liable for the accuracy or completeness of the information.

INSURANCE BILLING: I understand that Alpine Chiropractic Center, PC. will bill my insurance company as a courtesy upon presentation of a current insurance card, and I authorize the release of any information necessary to assist me in making collection from the insurance company. I permit Alpine Chiropractic Center, PC. to credit my account with amounts paid upon receipt and to endorse co-issued remittances for the conveyance of credit to my account. I UNDERSTAND THAT ALL BILLS ARE ULTIMATELY MY RESPONSIBILITY.

LIENS: I understand that Alpine Chiropractic Center may employ the use of a lien as part of their collection practices. I agree that I am fully responsible for balances not covered by lien payments and guarantee payment of my bill in full regardless of lien law limitations.

CANCELLATION FEE: I agree to pay a $50.00 cancellation fee for a massage appointment no-show or a massage appointment cancelled less than 24 hours in advance. This fee is not covered by any insurer and is the patient's responsibility.

REBILLING FEE: I agree to pay a $10 per month statement fee for any unpaid patient balances (i.e. co-payments, deductibles, and other amounts not covered by insurance) that are billed to me more than once.

Consent for treatment: I hereby authorize the doctors at Alpine Chiropractic Center, PC. and whomever they may designate as their assistants to administer x-rays, chiropractic adjustments, other chiropractic procedures, various modes of physical therapy, and massage, as they so deem necessary.

Privacy: THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY. To ensure your privacy, Alpine Chiropractic Center, PC, does not conduct any electronic business transactions. You have a right to view or receive a copy of the information in your medical chart. This information is not disclosed to any other party without your written permission or court documents legally requiring this. From time to time, you may hear patient information within our offices; we ask that you keep it confidential.

I certify that I have read and understood the information above, and that what I have written is true and correct.

Signature of Patient _____ Date _____ Parent/guardian signature (if patient is under 18) _____ Date _____

MOTOR VEHICLE ACCIDENT HISTORY FORM

Your name:_____ Today's date:_____

Address:_____

Home phone #:_____ Work phone #:_____

Sex:_____ Date of birth:_____ Height:_____ Weight:_____

Social Security #:_____ Accident claim #:_____

Your auto Insurance CO:_____ Policy #:_____

Driver's Insurance CO:_____ Policy #:_____

Were the police notified? YES NO [ ] DON'T KNOW

Was an accident report filed? YES NO [ ] DON'T KNOW

("YOUR VEHICLE-" IS THE VEHICLE YOU WERE IN (ON) WHEN THE ACCIDENT OCCURRED)

Was the driver of your vehicle ticketed by the attending police officer? YES NO [ ] DON'T KNOW

Do you have personal injury protection (PIP) coverage? YES NO [ ] DON'T KNOW

Does the driver of your vehicle have PIP coverage? YES NO [ ] DON'T KNOW

Have you retained an attorney? YES NO If yes, Attorney's name:_____

_____

THE FOLLOWING APPLY TO THE DRIVER OF THE OTHER VEHICLE

Drivers Name:_____

Address:_____

Auto Insurance CO:_____ Policy #:_____

Vehicle: Year:_____ Make:_____ Model:_____

_____

WHEN / WHERE / CONDITIONS ("YOUR VEHICLE-" IS THE VEHICLE YOU WERE IN (ON) WHEN THE ACCIDENT OCCURRED)

Date of accident:_____ State of occurrence (e.g. WA, OR, CA):_____

Your vehicle: Year:_____ Make:_____ Model:_____

Light conditions: DAWN DAY LIGHT DUSK NIGHT/DARK

Road conditions: DRY WET ICE GRAVEL OTHER:_____

Weather conditions: CLEAR RAIN FOG CLOUDY OVERCAST SNOW OTHER:_____

AUTO RELATED ACCIDENT CONTINUED

AFTER THE INJURY

Did the accident render you unconscious? …….. yes no

If yes for how long? _____

Please describe how you felt immediately after the accident: _____

_____

Have you gone to a hospital or seen any other Doctor for this condition? Yes or no

When did you go? _____Just after the accident, _____ The next day, _____2 days plus

How did you get there? _____ Ambulance/aid car _____ private transportation

Name and address of hospital or other Dr._____

Describe any treatment that you received: _____

Were X-rays taken? …….. yes no
Was medication prescribed?……yes no
Have you been able to work since the injury?……yes no Did you miss any work since the injury? Yes or no
Are your work activities restricted as a result of this injury? ……yes no

Indicate the symptoms that are a result of this accident:

___Dizziness	___ Difficulty sleeping	___ Jaw problems	___ Nausea
___ Memory loss	___ Irritability	___ Arms/Shoulder pain	___ Back pain
___ Headaches	___ Fatigue	___ Numb Hands/fingers	___ Lower back pain
___ Blurred vision	___ Tension	___ Chest pain	___ Back Stiffness
___ Buzzing in ears	___ Neck pain	___ Shortness of breath	___ Leg pain
___ Ears ringing	___ Neck stiff	___ Stomach upset	___ Numbness feet/toes

Other: _____

Is your condition getting worse? Yes No constant comes and goes

Indicate your degree of comfort while performing the following activities:

	COMFORTABLE	*UNCOMFORTABLE*	*PAINFUL*
Lying on back	_____	_____	_____
Lying on side	_____	_____	_____
Lying on stomach	_____	_____	_____
Sitting	_____	_____	_____
Standing	_____	_____	_____
Stretching	_____	_____	_____
Love making	_____	_____	_____
Walking	_____	_____	_____
Running	_____	_____	_____
Sports	_____	_____	_____
Working	_____	_____	_____
Lifting	_____	_____	_____
Bending	_____	_____	_____
Kneeling	_____	_____	_____
Pulling	_____	_____	_____
Reaching	_____	_____	_____

To evaluate the effect that continuing work will have on your recovery please complete the following:

How many hours are in your normal work day? _____
Please indicate your daily job duties and any activities which you are occasionally asked to perform:

___ Standing ___ Driving ___ Operating Equipment
___ Sitting ___ Twisting ___ Work arms over head
___ Walking ___ Crawling ___ Typing
___ Lifting ___ Bending ___ Stooping
Other: _____

What positions can you work in with minimum physical effort and for how long _____

Prior to the accident were you capable of working on an equal basis with others your age? Yes No

DESCRIPTION OF THE ACCIDENT

Please describe the accident:_____

_____

_____

_____

_____

_____

NATURE OF THE ACCIDENT

Did the vehicle you were in have [ ] AUTOMATIC or [ ] MANUAL transmission?

Where were you seated in the vehicle? DRIVER [ ]

FRONT PASSENGER: [ ] MIDDLE [ ] BY DOOR

REAR PASSENGER: [ ] RIGHT [ ] MIDDLE [ ] LEFT

OTHER:_____

How many hands did you have on the steering wheel? [ ] ZERO [ ] ONE [ ] TWO

Did the air bag deploy? YES NO

Were you wearing a seat belt YES NO If yes, [ ] LAP BELT [ ] SHOULDER BELT [ ] BOTH

Did you receive any injury or bruise from the air bag or seat belt? YES NO If yes, describe:_____

_____

Does your vehicle have a head rest? YES NO If yes, was it [ ] HIGH [ ] MID [ ] LOW [ ] INTEGRAL

Was the driver applying the brake at impact? YES NO [ ] DON'T KNOW

Was your vehicle stopped at impact? YES NO [ ] DON'T KNOW

If your vehicle was moving at impact, was it:

Slowing down? YES NO

Gaining speed? YES NO

Traveling at a steady speed? YES NO

Estimate the speed of the vehicle you were in:_____ mph Km

Was the other vehicle moving at impact? YES NO [ ] DON'T KNOW

Were you aware of the approaching collision , or did the impact catch you by surprise? AWARE SUPRISE

Was your head pointed straight ahead at impact? YES NO If no, turned [ ] RIGHT [ ] LEFT

Was the trunk of your body pointed straight ahead at impact? YES NO If no, turned [ ] RIGHT [ ] LEFT

Did your body go [ ] forward then backward [ ] backward then forward [ ] other:_____

Functional Rating Index – Neck/Back

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In order to properly assess your condition, we must understand how much your neck and or back problems have affected your ability to manage everyday activities. As you read the list, **think of yourself *today***. *Please circle the number that **most closely** describes your condition **right now.***

Section 1: Pain Intensity

0	1	2	3	4
No pain	Mild pain	Moderate pain	Severe pain	Worst Possible pain

Section 2: Sleeping

0	1	2	3	4
Perfect sleep	Mildly disturbed sleep	Moderately disturbed sleep	Greatly disturbed sleep	Totally disturbed sleep

Section 3: Personal Care (washing, dressing etc.)

0	1	2	3	4
No Pain; no restrictions	Mild pain; no restrictions	Moderate pain, need to go slowly	Moderate pain; need assistance	Severe pain; need 100% assistance

Section 4: Traveling

0	1	2	3	4
No pain on long trips	Mild pain on long trips	Moderate pain on long trips	Moderate pain on short trips	Severe pain on short trips

Section 5: Work

0	1	2	3	4
Can do usual work, + unlimited extra work	Can do usual work; no extra work	Can do 50% of usual work	Can do 25% of usual work	Cannot work

Section 6: Recreation

0	1	2	3	4
Can do all activities	Can do most activities	Can do some activities	Can do a few activities	Cannot do any activity

Section 7: Frequency of Pain

0	1	2	3	4
No Pain	Occasional pain; 25% of day	Intermittent pain; 50% of day	Frequent pain; 75% of day	Constant pain; 100% of day

Section 8: Lifting

0	1	2	3	4
No pain with heavy weight	Increased pain with heavy weight	Increased pain with moderate weight	Increased pain with light weight	Increased pain with any weight

Section 9: Walking

0	1	2	3	4
No Pain; any distance	Increased pain after 1 mile	Increased pain after ½ mile	Increased pain after ¼ mile	Increased pain with all walking

Section 10: Standing

0	1	2	3	4
No pain after several hours	Increased pain after several hours	Increased pain after 1 hour	Increased pain after ½ hour	Increased pain with any standing

Patient Name_____ Patient Signature_____ Date_____

Back Index

ChiroCare of Wisconsin, Inc.

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ChiroCare Use Only rev 1/15/99

Patient Name _____ ***Date*** _____

This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

Pain Intensity

- ☐ The pain comes and goes and is very mild.
- ☐ The pain is mild and does not vary much.
- ☐ The pain comes and goes and is moderate.
- ☐ The pain is moderate and does not vary much.
- ☐ The pain comes and goes and is very severe.
- ☐ The pain is very severe and does not vary much.

Personal Care

- ☐ I do not have to change my way of washing or dressing in order to avoid pain.
- ☐ I do not normally change my way of washing or dressing even though it causes some pain.
- ☐ Washing and dressing increases the pain but I manage not to change my way of doing it.
- ☐ Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- ☐ Because of the pain I am unable to do some washing and dressing without help.
- ☐ Because of the pain I am unable to do any washing and dressing without help.

Sleeping

- ☐ I get no pain in bed.
- ☐ I get pain in bed but it does not prevent me from sleeping well.
- ☐ Because of pain my normal sleep is reduced by less than 25%.
- ☐ Because of pain my normal sleep is reduced by less than 50%.
- ☐ Because of pain my normal sleep is reduced by less than 75%.
- ☐ Pain prevents me from sleeping at all.

Lifting

- ☐ I can lift heavy weights without extra pain.
- ☐ I can lift heavy weights but it causes extra pain.
- ☐ Pain prevents me from lifting heavy weights off the floor.
- ☐ Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g., on a table).
- ☐ Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- ☐ I can only lift very light weights.

Sitting

- ☐ I can sit in any chair as long as I like.
- ☐ I can only sit in my favorite chair as long as I like.
- ☐ Pain prevents me from sitting more than 1 hour.
- ☐ Pain prevents me from sitting more than 1/2 hour.
- ☐ Pain prevents me from sitting more than 10 minutes.
- ☐ I avoid sitting because it increases pain immediately.

Traveling

- ☐ I get no pain while traveling.
- ☐ I get some pain while traveling but none of my usual forms of travel make it worse.
- ☐ I get extra pain while traveling but it does not cause me to seek alternate forms of travel.
- ☐ I get extra pain while traveling which causes me to seek alternate forms of travel.
- ☐ Pain restricts all forms of travel except that done while lying down.
- ☐ Pain restricts all forms of travel.

Standing

- ☐ I can stand as long as I want without pain.
- ☐ I have some pain while standing but it does not increase with time.
- ☐ I cannot stand for longer than 1 hour without increasing pain.
- ☐ I cannot stand for longer than 1/2 hour without increasing pain.
- ☐ I cannot stand for longer than 10 minutes without increasing pain.
- ☐ I avoid standing because it increases pain immediately.

Social Life

- ☐ My social life is normal and gives me no extra pain.
- ☐ My social life is normal but increases the degree of pain.
- ☐ Pain has no significant affect on my social life apart from limiting my more energetic interests (e.g., dancing, etc).
- ☐ Pain has restricted my social life and I do not go out very often.
- ☐ Pain has restricted my social life to my home.
- ☐ I have hardly any social life because of the pain.

Walking

- ☐ I have no pain while walking.
- ☐ I have some pain while walking but it doesn't increase with distance.
- ☐ I cannot walk more than 1 mile without increasing pain.
- ☐ I cannot walk more than 1/2 mile without increasing pain.
- ☐ I cannot walk more than 1/4 mile without increasing pain.
- ☐ I cannot walk at all without increasing pain.

Changing degree of pain

- ☐ My pain is rapidly getting better.
- ☐ My pain fluctuates but overall is definitely getting better.
- ☐ My pain seems to be getting better but improvement is slow.
- ☐ My pain is neither getting better or worse.
- ☐ My pain is gradually worsening.
- ☐ My pain is rapidly worsening.

Calculate Score

Back Index Score

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

Neck Index

ChiroCare of Wisconsin, Inc.

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ChiroCare use Only rev 1/15/99

Patient Name _____ ***Date*** _____

This questionnaire will give your provider information about how your neck condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

Pain Intensity

- ☐ I have no pain at the moment.
- ☐ The pain is very mild at the moment.
- ☐ The pain comes and goes and is moderate.
- ☐ The pain is fairly severe at the moment.
- ☐ The pain is very severe at the moment.
- ☐ The pain is the worst imaginable at the moment.

Personal Care

- ☐ I can look after myself normally without causing extra pain.
- ☐ I can look after myself normally but it causes extra pain.
- ☐ It is painful to look after myself and I am slow and careful.
- ☐ I need some help but I manage most of my personal care.
- ☐ I need help every day in most aspects of self care.
- ☐ I do not get dressed, I wash with difficulty and stay in bed.

Sleeping

- ☐ I have no trouble sleeping.
- ☐ My sleep is slightly disturbed (less than 1 hour sleepless).
- ☐ My sleep is mildly disturbed (1-2 hours sleepless).
- ☐ My sleep is moderately disturbed (2-3 hours sleepless).
- ☐ My sleep is greatly disturbed (3-5 hours sleepless).
- ☐ My sleep is completely disturbed (5-7 hours sleepless).

Lifting

- ☐ I can lift heavy weights without extra pain.
- ☐ I can lift heavy weights but it causes extra pain.
- ☐ Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g., on a table).
- ☐ Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- ☐ I can only lift very light weights.
- ☐ I cannot lift or carry anything at all.

Reading

- ☐ I can read as much as I want with no neck pain.
- ☐ I can read as much as I want with slight neck pain.
- ☐ I can read as much as I want with moderate neck pain.
- ☐ I cannot read as much as I want because of moderate neck pain.
- ☐ I can hardly read at all because of severe neck pain.
- ☐ I cannot read at all because of neck pain.

Driving

- ☐ I can drive my car without any neck pain.
- ☐ I can drive my car as long as I want with slight neck pain.
- ☐ I can drive my car as long as I want with moderate neck pain.
- ☐ I cannot drive my car as long as I want because of moderate neck pain.
- ☐ I can hardly drive at all because of severe neck pain.
- ☐ I cannot drive my car at all because of neck pain.

Concentration

- ☐ I can concentrate fully when I want with no difficulty.
- ☐ I can concentrate fully when I want with slight difficulty.
- ☐ I have a fair degree of difficulty concentrating when I want.
- ☐ I have a lot of difficulty concentrating when I want.
- ☐ I have a great deal of difficulty concentrating when I want.
- ☐ I cannot concentrate at all.

Recreation

- ☐ I am able to engage in all my recreation activities without neck pain.
- ☐ I am able to engage in all my usual recreation activities with some neck pain.
- ☐ I am able to engage in most but not all my usual recreation activities because of neck pain.
- ☐ I am only able to engage in a few of my usual recreation activities because of neck pain.
- ☐ I can hardly do any recreation activities because of neck pain.
- ☐ I cannot do any recreation activities at all.

Work

- ☐ I can do as much work as I want.
- ☐ I can only do my usual work but no more.
- ☐ I can only do most of my usual work but no more.
- ☐ I cannot do my usual work.
- ☐ I can hardly do any work at all.
- ☐ I cannot do any work at all.

Headaches

- ☐ I have no headaches at all.
- ☐ I have slight headaches which come infrequently.
- ☐ I have moderate headaches which come infrequently.
- ☐ I have moderate headaches which come frequently.
- ☐ I have severe headaches which come frequently.
- ☐ I have headaches almost all the time.

Calculate Score

Neck Index Score

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

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The Roland-Morris Disability Questionnaire

When your back hurts, you may find it difficult to do some of the things you normally do.

This list contains sentences that people have used to describe themselves when they have back pain. When you read them, you may find that some stand out because they describe you *today*.

As you read the list, **think of yourself *today***. *When you read a sentence that describes you today, circle the number.* If the sentence does not describe you, do not circle it and go on to the next one. Remember, only circle the sentence if you are sure it describes you today.

1. I stay at home most of the time because of my back.
2. I change position frequently to try and get my back comfortable.
3. I walk more slowly than usual because of my back.
4. Because of my back I am not doing any of the jobs that I usually do around the house.
5. Because of my back, I use a handrail to get upstairs.
6. Because of my back, I lie down to rest more often.
7. Because of my back, I have to hold on to something to get out of a chair.
8. Because of my back, I try to get other people to do things for me.
9. I get dressed more slowly than usual because of my back.
10. I only stand for short periods of time because of my back.
11. Because of my back, I try not to bend or kneel down.
12. I find it difficult to get out of a chair because of my back.
13. My back is painful almost all the time.
14. I find it difficult to turn over in bed because of my back.
15. My appetite is not very good because of my back pain.
16. I have trouble putting on my socks (or stockings) because of the pain in my back.
17. I only walk short distances because of my back.
18. I sleep less well because of my back.
19. Because of my back pain, I get dressed with help from someone else.
20. I sit down for most of the day because of my back.
21. I avoid heavy jobs around the house because of my back.
22. Because of my back pain, I am more irritable and bad tempered with people than usual.
23. Because of my back, I go upstairs more slowly than usual.
24. I stay in bed most of the time because of my back.

Patient Name_____ Patient Signature_____ Date_____

This questionnaire is taken from: Roland MO, Morris RW. A study of the natural history of back pain. Part 1: Development of a reliable and sensitive measure of disability in low back pain. Spine 1983; 8: 141-144. The score of the RDQ is the total number of items checked – i.e. from a minimum of 0 to a maximum of 24.

THE LOWER EXTREMITY FUNCTIONAL SCALE

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We are interested in knowing whether you are having any difficulty at all with the activities listed below because of your lower limb Problem for which you are currently seeking attention. Please provide an answer for **each** activity.

Today, do you or would you have any difficulty at all with:

	Activities	Extreme Difficulty or Unable to Perform Activity	Quite a Bit of Difficulty	Moderate Difficulty	A Little Bit of Difficulty	No Difficulty
1	Any of your usual work, housework, or school activities.	0	1	2	3	4
2	Your usual hobbies, re creational or sporting activities.	0	1	2	3	4
3	Getting into or out of the bath.	0	1	2	3	4
4	Walking between rooms.	0	1	2	3	4
5	Putting on your shoes or socks.	0	1	2	3	4
6	Squatting.	0	1	2	3	4
7	Lifting an object, like a bag of groceries from the floor.	0	1	2	3	4
8	Performing light activities around your home.	0	1	2	3	4
9	Performing heavy activities around your home.	0	1	2	3	4
10	Getting into or out of a car.	0	1	2	3	4
11	Walking 2 blocks.	0	1	2	3	4
12	Walking a mile.	0	1	2	3	4
13	Going up or down 10 stairs (about 1 flight of stairs).	0	1	2	3	4
14	Standing for 1 hour.	0	1	2	3	4
15	Sitting for 1 hour.	0	1	2	3	4
16	Running on even ground.	0	1	2	3	4
17	Running on uneven ground.	0	1	2	3	4
18	Making sharp turns while running fast.	0	1	2	3	4
19	Hopping.	0	1	2	3	4
20	Rolling over in bed.	0	1	2	3	4
	Column Totals:					

Minimum Level of Detectable Change (90% Confidence): 9 points

SCORE: _____/ 80

Please submit the sum of responses.

Reprinted from Binkley, J., Stratford, P., Lott, S., Riddle, D., & The North American Orthopaedic Rehabilitation Research Network, The Lower Extremity Functional Scale: Scale development, measurement properties, and clinical application, Physical Therapy, 1999, 79, 4371-383, with permission of the American Physical Therapy Association.

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Headache Disability Index

Please circle the correct response:

1. I have a headache: 1 per month (1) More than 1 but less than 4 per month (2) More than 1 per week (3)
2. My headache is: Mild (1) Moderate (2) Severe (3)

Please read carefully: The purpose of this scale is to identify difficulties that you may be experiencing because of your headache. Please check off "YES", "SOMETIMES" or "NO" to each item.

YES	SOMETIMES	NO		
☐	☐	☐	1.	Because of my headaches I feel handicapped.
☐	☐	☐	2.	Because of my headaches I feel restricted in performing my routine daily activities.
☐	☐	☐	3.	No one understands the effect my headaches have on my life.
☐	☐	☐	4.	I restrict my recreational activities (e.g., sports, hobbies) because of my headaches.
☐	☐	☐	5.	My headaches make me angry.
☐	☐	☐	6.	Sometimes I feel that I am going to lose control because of my headaches.
☐	☐	☐	7.	Because of my headaches I am less likely to socialize.
☐	☐	☐	8.	My spouse (significant other), or family and friends have no idea what I am going through because of my headaches.
☐	☐	☐	9.	My headaches are so bad that I feel that I am going to go insane.
☐	☐	☐	10.	My outlook on the world is affected by my headaches.
☐	☐	☐	11.	I am afraid to go outside when I feel that a headache is starting.
☐	☐	☐	12.	I feel desperate because of my headaches
☐	☐	☐	13.	I am concerned that I am paying penalties at work or at home because of my headaches.
☐	☐	☐	14.	My headaches place stress on my relationships with family or friends.
☐	☐	☐	15.	I avoid being around people when I have a headache.
☐	☐	☐	16.	I believe my headaches are making it difficult for me to achieve my goals in life.
☐	☐	☐	17.	I am unable to think clearly because of my headaches.
☐	☐	☐	18.	I get tense (e.g., muscle tension) because of my headaches.
☐	☐	☐	19.	I do not enjoy social gatherings because of my headaches.
☐	☐	☐	20.	I feel irritable because of my headaches.
☐	☐	☐	21.	I avoid traveling because of my headaches.
☐	☐	☐	22.	My headaches make me feel confused.
☐	☐	☐	23.	My headaches make me feel frustrated
☐	☐	☐	24.	I find it difficult to read because of my headaches
☐	☐	☐	25.	I find it difficult to focus my attention away from my headaches and on other things.

Patient Name_____ Patient Signature_____ Date_____

Whiplash Disability Questionnaire

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In order to properly assess your condition, we must understand how much your whiplash injury has affected your ability to manage everyday activities. As you read the list, **think of yourself *today***. *Please circle the number that **most closely** describes your condition **right now.*** If not applicable to you, state N/A.

1) How much pain do you have today?

0 1 2 3 4 5 6 7 8 9 10

0 = no pain — 10= Worst pain imaginable

2) Do your whiplash symptoms interfere with your personal care? (washing, dressing etc.)

0 1 2 3 4 5 6 7 8 9 10

0 = not at all — 10= Unable to perform

3) Do your whiplash symptoms interfere with your work / home / study duties?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all — 10= Unable to perform

4) Do your whiplash symptoms interfere with driving or using public transportation?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all — 10= Unable to travel in car/public

5) Do your whiplash symptoms interfere with sleep?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all — 10= Cannot sleep

6) Do you feel more tired / fatigued than usual since your injury?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all — 10= Always

7) Do your whiplash symptoms interfere with social activity?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all — 10= Unable to socialize

8) Do your whiplash symptoms interfere with sporting leisure activity?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all — 10= Unable to participate

9) Do your whiplash symptoms interfere with non-sporting leisure activity?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all — 10= Unable to participate

10) Do you experience sadness / depression as a result of your whiplash injury / symptoms?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all — 10= Always

11) Do you experience anger as a result of your whiplash injury / symptoms?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all — 10= Always

12) Do you experience anxiety as a result of your whiplash injury / symptoms?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all — 10= Always

13) Do you have difficulty concentrating as a result of your whiplash injury / symptoms?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all — 10= Unable to concentrate

Patient Name_____ Patient Signature_____ Date_____

Alpine Chiropractic Center, PC. • PO Box 2388 • North Bend, WA 98045 • (425) 888-6846 • Fax: (425) 888-6932

Alpine Chiropractic
Informed Consent

Every type of health care is associated with some risks of potential problems. This includes chiropractic health care. We want you to be informed about potential problems associated with chiropractic health care before consenting to treatment.

Chiropractic adjustments are the moving of bones with the doctor's hands or with the use of a mechanical device or machine. Frequently adjustments create a "pop" or "click" sound/sensation in the area being treated. In this office we used trained staff personnel to assist the doctor with massage therapy. Occasionally when your doctor is unavailable, another clinic doctor will treat you on that day.

Neck Artery Dissector and Stroke: Dissection is when the lining of a neck artery breaks down. This might happen spontaneously, or from an injury, or from a trivial movement (hair shampooing, checking traffic, looking up, etc.). Dissections tend to cause neck pain and/or headache. Dissections may form a clot that can dislodge and interfere with blood flow. If that happens, it is called a stroke. Stroke means that a portion of the brain or spinal cord does not receive enough oxygen from the blood stream. The results can be temporary or permanent dysfunction of the brain, with a very rare complication of death. The literature is mixed or uncertain as to whether chiropractic adjustments are associated with stroke or not. Recent evidence suggests that it is not (2008, 2015, 2016, 2019) although the same evidence often suggests that the patient may be entering the chiropractic office for neck pain/headaches or other symptoms that may in fact be a spontaneous dissection of a neck artery. There are no in-the-office tests to diagnose the spontaneous neck artery dissection (2020) but they might be detectable with advanced imaging (CT/MRI, etc.). If we think you may be suffering from a spontaneous neck artery dissection and/or associated stroke, you will be immediately referred to emergency services. Anecdotal cases suggest that chiropractic adjustments may be associated with dissection and/or stroke that arise from the vertebral artery: this is because the vertebral artery is located inside the neck vertebrae. The adjustment that is suggested to increase the strain on the vertebral artery is called the "extension-rotation-thrust atlas adjustment". We do not do this type of adjustment on patients. Other types of neck adjustments may also potentially be related to vertebral artery strokes, but no one is certain. It is estimated that the incidence o this type of stroke ranges between 1 per every 400,000-3,000,000 neck adjustments. If you experience any of the "5 Ds and 3 Ns" before, during, or after an adjustment, tell us immediately, and if we can't be reached, go to the emergency department immediately. Two other potential problems that are not quantifiable because they are extremely rare and have no association with chiropractic adjusting are carotid artery injury, and spinal dural tear resulting in a leak of cerebral spinal fluid.

Disc Herniations: Both back and neck disc herniations may create pressure on the spinal nerve on the spinal cord. They are frequently successfully treated by chiropractors and chiropractic adjustments, traction, etc. Occasionally chiropractic treatment (adjustments, traction, etc.) may aggravate a disc/nerve problem and rarely surgery may become necessary for correction.

Cauda Equina Syndrome: Cauda Equine Syndrome occurs when a low back disc problem puts pressure on the nerves that control bowel, bladder, and sexual function. Representative symptoms include leaky bladder, or leaky bowels, or loss of sensation (numbness) around the pelvic sexual area (the saddle area), or the inability to start/stop a bowel movement. Cauda Equina Syndrome is a medical emergency because the nerves that control these functions can permanently die and those functions may be lost or compromised forever. The standard approach is to surgically decompress the nerves, and the window to do so may be as short as 12-72 hours. If you have any of these symptoms, tell us immediately, and if we can't be reached go to the emergency department immediately.

Soft Tissue Injury: Soft Tissues primarily refer to muscles and ligaments. Muscles move bones, and ligaments limit joint movement. Rarely a chiropractic adjustment, traction, massage therapy, etc., may overstretch some muscle or ligament fibers. The result is a temporary increase in pain and necessary treatments for resolution, but there are no long-term effects for the patient.

Rib and other Fractures: Rarely a chiropractic adjustment will crack a rib bone, and this is referred to as a fracture. We adjust all patients very carefully, and especially those who have known osteoporosis. Other fraction locations are extremely rare but possible, especially those aged over 65 years and/or on steroid drugs.

Heat and Ice: We recommend both heat and ice for home care on occasion. Everyone's skin has different sensitivities, and rarely, both heat and ice can burn or irritate the skin. The result is a temporary increase in pain, and there may even be some blistering of the skin. Never put an ice pack directly on the skin. Always have an insulating towel between.

Soreness: It is common for chiropractic adjustments, traction, massage therapy, exercise, etc., to result in a temporary increase in soreness in the region being treated. This is nearly always a temporary symptom that occurs while your body is undergoing therapeutic change. It is not dangerous, but please do tell your doctor about it.

Other problems: There may be other problems or complications that might arise from the chiropractic treatment other than those noted above. The other problems or complications occur so rarely that it is not possible to anticipate and/or explain them all in advance of treatment. Chiropractic is a system of healthcare delivery, and therefore, as with any healthcare delivery system, we cannot promise a cure for any symptom, disease, or condition as a result of treatment in this clinic. We will always give you our best care, and if results are not acceptable, we will refer you to another provider whom we feel will assist your situation. Alternatives to chiropractic care include do nothing, drugs, surgery, acupuncture, massage, etc. Risks from these procedures should be addressed with that provider.

Massage: I understand the massage given here is for the purpose of relief from muscular tension or spasm, and for increasing circulation. Understand the massage practitioner does not diagnose illness, disease, or other physical or mental disorder. As such, the therapist does not prescribe medical treatment or pharmaceuticals, nor perform spinal manipulations. I understand massage is not a substitute for medical examination and diagnosis, and that it is recommended to see physician for any physical ailments I may have. Because the massage practitioner must be aware of existing conditions, I have stated all my known medical conditions and take it upon myself to keep the practitioner updated on my physical, mental, and emotional health.

I have read and fully understand the above statements, and therefore, accept chiropractic care on this basis.
I agree that financial responsibility for my treatment is ultimately my own.
I agree that a fee may be charged if I cancel my appointment less than 24 hours before it begins.

Signature: _____ Date:_____
Printed Name:_____

Consent to evaluate and adjust a minor child

Parent/Guardian Signature:_____D.O.B._____

I, the above signed, being the parent or legal guardian of _____have fully read the above Informed Consent and hereby grant permission for my child to receive chiropractic care.

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Consent to receive SMS

By signing below and supplying my phone number, email address, and any other personal contact information, I authorize Alpine Chiropractic Center to use SMS messaging to communicate with me regarding scheduled or missed appointments, patient waitlist and recall, account balance notifications and statements, as well as other Protected Health Information. I authorize Alpine Chiropractic Center to use an automated outreach and messaging system for certain reminders and notifications. I consent to receive multiple and/or recurring SMS messages and understand that messaging frequency varies and messaging and data rates may apply. Alpine Chiropractic Center will not share or sell any of the above information with any third parties.

For Text Message Services, text HELP to the sending number with questions and text STOP to that number to Opt-out. Your Opt-out request may generate a confirmation text.

Signature:_____

Printed Name:_____ Date:_____

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NOTICE OF PRIVACY PRACTICES

Breach Notification: In the case of a breach of unsecured protected health information, we will notify you unless after completing a risk analysis as dictated by law it is determined that there is a "low probability of PHI compromise". Notification will be by either email or phone.

Federal law makes provision for your health information to be released to an appropriate health oversight agency, public health authority, or attorney, provided that a workforce member or business associate believes in good faith that we have engaged in unlawful conduct or have otherwise violated professional or clinical standards and are not potentially endangering one or more patients, workers, or the public.

Acknowledgement of Review and Receipt of Notice of Privacy Practices

- ❑ I hereby acknowledge receipt of a copy of this Notice of Privacy Practices.

Signed: _____ Print Name: _____

Effective Date: _____ If not signed by patient, indicate relationship: _____