

**HEAD:**

- Headache
  - sinus (allergy)
  - entire head
  - back of head
  - forehead
  - temples
  - migraine
- Head feels heavy
- Loss of memory
- Light-headedness
- Fainting
- Light bothers eyes
- Blurred vision
- Double vision
- Loss of vision
- Loss of taste
- Loss of balance
- Dizziness
- Loss of hearing
- Pain in ears
- Ringing in ears
- Buzzing in ears

**NECK:**

- Pain in neck
- Neck pain with movement
  - Forward
  - Backward
  - Turn to left
  - Turn to right
  - Bend to left
  - Bend to right
- Pinched nerve in neck
- Neck feels out of place
- Muscle spasms in neck
- Grinding sounds in neck
- Popping sounds in neck
- Arthritis in neck

**SHOULDERS:**

- Pain in shoulder joint [R L]
- Pain across shoulders
- Bursitis [R L]
- Arthritis [R L]
- Can't raise arm
  - above shoulder level
  - over head
- Tension in shoulders
- Pinched nerve in shoulder [R L]
- Muscle spasms in shoudler

**ARMS & HANDS:**

- Pain in upper arm [R L]
- Pain in elbow [R L]
- Movement aggravated
- Tennis elbow [R L]
- Pain in forearm [R L]
- Pain in hands [R L]
- Pain in fingers [R L]
- Pins & needles in arms [R L]
- Pins & needles in fingers [R L]

**ARMS & HANDS (cont):**

- Numbness in arms [R L]
- Numbness in fingers [R L]
- Fingers go to sleep [R L]
- Hands cold [R L]
- Swollen joints in fingers [R L]
- Sore joints in fingers [R L]
- Arthritis in fingers [R L]
- Loss of grip strength [R L]

**MID-BACK:**

- Mid-back pain
- Location \_\_\_\_\_
- Pain between shoulder blades
- Sharp, stabbing
- Dull ache
- Pain from front to back
- Muscle spasms
- Pain in kidney area

**CHEST:**

- Chest pain
- Shortness of breath
- Pain around ribs
- Breast pain
- Dimpled or orange-peel breast
- Irregular heartbeat

**ABDOMEN:**

- Nervous stomach
- Foods can't eat \_\_\_\_\_
- Nausea
- Gas
- Constipation
- Diarrhea
- Hemorrhoids

**LOW BACK:**

- Low back pain
  - Upper lumbar
  - Lower lumbar
  - Sacroiliac
- Low back pain is worse when:
  - working
  - lifting
  - O stooping
  - standing
  - sitting
  - P bending
    - coughing D
  - lying down (sleeping)
  - walking
- Pain relieves when \_\_\_\_\_
- Slipped Disc
- Low back feels out of place
- Muscle Spasms
- Arthritis

**HIPS, LEGS, & FEET:**

- Pain in buttocks [R L]
- Pain in hip joint [R L]
- Pain down leg [R L]
- Pain down both legs
- Knee pain [R L]
  - Inside
  - Outside
- Leg cramps [R L]
- Cramps in feet [R L]
- Pins & needles in leg [R L]
  - Numbness of leg [R L]
- Numbness of feet [R L]
- Numbness of toes [R L]
- Feet feel cold [R L]
- Swollen ankles [R L]
- Swollen feet [R L]

**GENERAL:**

- Nervousness
- Irritable
- Depressed
- Fatigue
- Generally feeling run-down
- Normal sleep \_\_\_\_\_
- Loss of sleep (hrs.) \_\_\_\_\_
- Loss of weight (lbs.) \_\_\_\_\_
- Gain weight (lbs.) \_\_\_\_\_
- Coffee (cups/d) \_\_\_\_\_
- Tea (cups/d) \_\_\_\_\_
- Cigarettes(packs/d) \_\_\_\_\_
- Diabetes
- Hypoglycemia
- Other \_\_\_\_\_

**REMARKS:** \_\_\_\_\_

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