



Date: _____

Name: _____ Last Name: _____ Initial: _____

Dr. Ricky Sikka

(253)874-4141

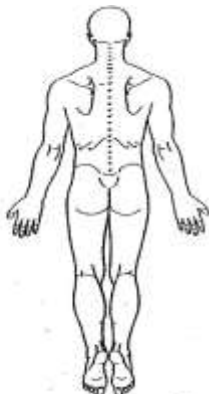
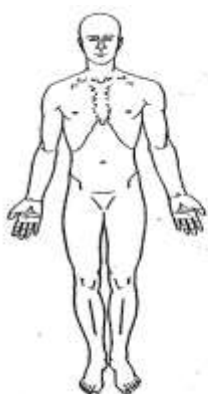
(253)874-3601 (fax)

Major Complaint Information

What is your major complaint(s)? _____

When did this (these) symptom(s) begin? _____

Using the symbols provided in the Pain Index, mark the areas on the illustrations below where you are experiencing pain, followed by a number from 1-10 indicating the extent of the pain. (1 being minor and 10 being severe)

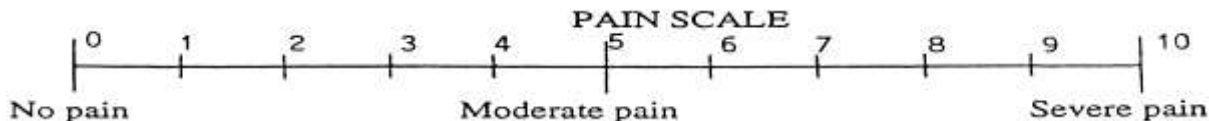


Pain Index

B Burning **S** Sharp/Stabbing **N** Numbness

For example: if you are experiencing moderately severe burning pain in your neck, you should note "B8" on the neck of the illustration

If this is an injury, describe what happened:



Have you experienced these symptoms before? Yes No When? _____

These symptoms developed from? Auto Accident Work-Related Other: _____

Have you reported this injury to your: Insurance Company Yes No Employer Yes No

What aggravates this condition? _____

What decreases the symptoms/pain? _____

Have you seen a doctor for this condition? Yes No Doctor's Name: _____

Date Consulted: _____ Diagnosis: _____

Have you missed work because of these injuries? Yes No From: _____ to _____

Does this condition interfere with your sleep? Yes No

If so, how many times do you wake up in pain per night? _____

In what position do you sleep? Back Stomach Side

Do you sleep with a pillow? Yes No How many? _____

Does heat affect the pain? Yes No If so, how? _____

Does cold affect the pain? Yes No If so, how? _____

Do you wear a heel lift? Yes No If so, which side? Right Left

Does it cause pain to cough, grunt, or sneeze? Yes No If so, where? _____

Check those activities below during which you experience difficulty or pain:

- ___ Lying on back ___ Getting in/out of car ___ Sleeping ___ Stooping ___ Standing for periods over 1 hour
___ Lying on side w/ knees bent ___ Gripping ___ Pushing ___ Sitting ___ Bending forward
___ Turning over in bed ___ Dressing self ___ Pulling ___ Coughing ___ Sneezing
___ Lying flat on stomach ___ Sexual activity ___ Reaching ___ Walking ___ Bending Backward
___ Kneeling ___ Other: _____

Fill out the next three sections as they apply to you:

HEADACHES

- Do you have a family history of headaches? Yes No Do you get headaches? Yes No Frequency?
Do you experience the following with your headaches: Pain or cracking in your jaw? Yes No
Abnormal blood pressure? Yes No High Low Nausea, vomiting or visual disturbances? Yes No
When was your last eye exam by a doctor? 1-6 months 6-12 months 1-2 years over 2 years Results?

LOWER BACK PAIN

- Do you ever experience a ripping or tearing sensation in your back? Yes No If so, where?
Does the pain radiate to the abdomen? Yes No
Do you ever have impaired bowel or urinary function? Yes No Explain:

NECK PAIN

- If you have a neck injury, does it effect: (Check all that apply) Hearing Vision Balance Ringing in ears
Do you hear grating sounds? Yes No Do you feel pressure or pain behind your eyes? Yes No
Do you feel ripping or tearing? Yes No Where?
Do you have difficulty lifting or turning your head? Yes No If so, which direction? Right Left Up Down

If female, are you pregnant? Yes What is your due date? No Not Sure First day of last menstrual cycle?
List all medications you are taking now, including over the counter medications.

Are you allergic to any medication: Yes No Not Sure Please list:

Have you ever had any surgeries or hospitalizations? Yes No Please List:

Type of Hospitalization/Surgery: Date: Type of Hospitalization/Surgery: Date:

Have you been x-rayed in the last 12 months? Yes No Where?

Have you seen a chiropractor before? Yes No Please list:

Name of Chiropractor: Date: Name of Chiropractor: Date:

Do you have a family physician? Yes No Name of physician: Phone number:

Address:

City/State/Zip:

Additional Complaints

Please check all additional complaints that you have at this time:

- | | | | | | | |
|---|---|--------------------------------------|---------------------------------------|--------------------------------------|------------------------------------|---|
| <input type="radio"/> Digestion Trouble | <input type="radio"/> Neck Stiffness | <input type="radio"/> Neck Pain | <input type="radio"/> Cold Feet | <input type="radio"/> Arthritis | <input type="radio"/> Jaw Pain | <input type="radio"/> HIV (Aids) |
| <input type="radio"/> Loss of Concentration | <input type="radio"/> Neck Motion Restricted | <input type="radio"/> Irritable | <input type="radio"/> Anxiety | <input type="radio"/> Depression | <input type="radio"/> Insomnia | <input type="radio"/> Diarrhea |
| <input type="radio"/> Loss of Consciousness | <input type="radio"/> Upper Back Pain/Stiffness | <input type="radio"/> Hypertension | <input type="radio"/> Diabetes | <input type="radio"/> Hepatitis | <input type="radio"/> Convulsions | <input type="radio"/> Other: (List) _____ |
| <input type="radio"/> Eyes Sensitive to Light | <input type="radio"/> Mid Back Pain/Stiffness | <input type="radio"/> Memory Loss | <input type="radio"/> Flushed Face | <input type="radio"/> Dizziness | <input type="radio"/> Fainting | _____ |
| <input type="radio"/> Heavy Feeling in Head | <input type="radio"/> Low Back Pain/Stiffness | <input type="radio"/> Palpitation | <input type="radio"/> Chest Pain | <input type="radio"/> Nausea | <input type="radio"/> Vomiting | _____ |
| <input type="radio"/> Shortness of Breathe | <input type="radio"/> Right/Left Shoulder Pain | <input type="radio"/> Anemia | <input type="radio"/> Nervousness | <input type="radio"/> Cold Hands | <input type="radio"/> Constipation | <input type="radio"/> Allergies(List) _____ |
| <input type="radio"/> Excessive Perspiration | <input type="radio"/> Right/Left Arm Pain | <input type="radio"/> Sinus Trouble | <input type="radio"/> Vision Problems | <input type="radio"/> Loss of Smell | <input type="radio"/> Cancer | _____ |
| <input type="radio"/> Loss of Balance | <input type="radio"/> Right/Left Leg Pain | <input type="radio"/> Headaches | <input type="radio"/> Heart Disease | <input type="radio"/> Loss of Taste | <input type="radio"/> Fatigue | _____ |
| <input type="radio"/> Pins&Needles Arm/Leg | <input type="radio"/> PLEASE SPECIFY LOCATIONS: | | <input type="radio"/> Cuts _____ | <input type="radio"/> Bleeding _____ | | |
| <input type="radio"/> Pain behind Eyes | <input type="radio"/> Bruising _____ | <input type="radio"/> Swelling _____ | <input type="radio"/> Numbness _____ | | | |

Do you have, or have you ever had, any diseases or medical problems not listed above? Yes No If so, please list: _____

Any additional information you would like the doctor to know before beginning care at Life Chiropractic Center? _____

Emergency Contact

Name: _____ Relation: _____

Contact Number: _____ Address: _____

Insurance Information ~ Give card to Receptionist

Insurance Company: _____ ID Number: _____

Secondary Coverage: _____ ID Number: _____

Personal Information

Address: _____ City: _____ State: _____ Zip: _____

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

Email: _____ (Check best way to contact you) May we send you our email newsletter? Y N

Sex: M F Soc. Security #: _____ Age: _____ Date of Birth: _____

Marital Status: Married Single Divorced Widowed Separated Spouse Name: _____ # of children: _____

Occupation/Job Title: _____ Employer: _____

Employers address: _____

How were you referred to Life Chiropractic Center? _____

Do you have an attorney? Yes No Name: _____

Informed Consent

I understand and agree that health and accident insurance policies are an arrangement between an insurance carrier and myself. I clearly understand and agree that all services rendered me are charged directly to me and that I am personally responsible for payment. I also understand that if I suspend or terminate my care and treatment, any fees for professional services rendered me will be immediately due and payable. I will be responsible for any costs of collection, attorney's fees or court costs required to collect my bill.

I hereby authorize physicians and staff at Life Chiropractic (aka Palmer Chiropractic Inc, PS) to treat my condition as deemed appropriate. It is understood and agreed the amount paid to the doctor for X-rays, is for examination only and the X-ray negatives will remain the property of this office, being on file where they may be seen any time. The doctor will not be held responsible for any pre-existing medically diagnosed conditions.

I certify that the above information is correct to the best of my knowledge. I will not hold my doctor or any staff member of Life Chiropractic responsible for any errors or omissions that I may have made in the completion of this form.

Chiropractic, as well as many other types of health care, is associated with potential risks in the delivery of treatment. Therefore it is necessary to inform the patient of such risks prior to initiating care. While chiropractic treatment is remarkably safe, you need to be informed about the potential risks related to your care to allow you to be fully informed before consenting to treatment.

Chiropractic is a system of health care delivery and therefore, as with any health care delivery system, we cannot promise a cure for any symptom, condition or disease as a result of treatment in this office. An attempt to provide you with the very best care is our goal and if the results are not acceptable, we will refer you to another provider who we feel can further assist you.

Specific Risk Possibilities Associated with Chiropractic Care.

Soreness- Chiropractic adjustments and physical therapy procedures are sometimes accompanied by post treatment soreness. This is a normal and acceptable accompanying response to chiropractic care and physical therapy. While it is not generally dangerous, please advise your doctor if you experience soreness or discomfort.

Soft Tissue Injury- Occasionally chiropractic treatment may aggravate a disc injury or fracture. Precautions such as pre-adjustment x-rays are taken for cases considered at risk. Treatment is performed carefully to minimize such risk.

Rib Injury- Manual adjustments to the thoracic spine, in rare cases, may cause rib injury or fracture. Precautions such as pre-adjustment x-rays are taken for case considered at risk. Treatment is performed carefully to minimize such risk.

Stroke- Stroke is the most serious complication of chiropractic treatment. The most recent studies (*Journal of the CAA*, Vol. 37 No. 2, June 1993) estimate that the incidence of this type of stroke is 1 in every 3 million upper cervical adjustments.

Other Problems- There are occasionally other types of side effects associated with chiropractic care. While these are rare, they should be reported to your doctor promptly.

If you have any questions concerning this form or the above statements, please ask your doctor.

Having carefully read the above, I hereby give my consent to have chiropractic treatment administered to myself or the person named below.

Patient Signature

Date

Parent/Legal Guardian Signature

Date

NOTICE OF PRIVACY PRACTICES

**THIS NOTICE DESCRIBES HOW CHIROPRACTIC/MEDICAL
INFORMATION ABOUT YOU MAY BE DISCLOSED AND
HOW YOU CAN GET ACCESS TO THIS INFORMATION.
PLEASE REVIEW IT CAREFULLY.**

In the course of your care as a patient at Life Chiropractic Center we may use or disclose personal and health related information about you in the following ways:

- Your protected health information, including your clinical records, may be disclosed to another health care provider or hospital if it is necessary to refer you for further diagnosis, assessment or treatment.
- Your health care records as well as your billing records may be disclosed to another party, such as an insurance carrier, an HMO, a PPO, or your employer, if they are or may be responsible for the payment of services provided to you.
- Your name, address, phone number, e-mail address, and your health care records may be used to contact you regarding appointment reminders, information about alternatives to your present care, or other health related information that may be of interest to you.
- If you are not home to receive an appointment reminder or other related information, a message may be left on your answering machine or with a person in your household. You have a right to confidential communications and to request restrictions relative to such contacts. You also have the right to be contacted by alternative means or at alternative locations.

You have a right to request restrictions on our use of your protected health information for treatment, payment and operations purposes. Such requests are not automatic and require the agreement of this office. We are permitted and may be required to use or disclose your health information without your authorization in these following circumstances:

- If we provide health care services to you in an emergency.
- If we are required by law to provide care to you and we are unable to obtain your consent after attempting to do so.
- If there are substantial barriers to communicating with you, but in our professional judgment we believe you intend for us to provide care.
- If we are ordered by the courts or another appropriate agency.

You have a right to receive an accounting of any such disclosures made by this office. Any use or disclosure of your protected health information, other than as outlined above, will only be made upon your written authorization. If you provide an authorization for release of information you have the right to revoke that authorization at a later date.

Information that we use or disclose based on this privacy notice may be subject to redisclosure by the person to whom we provide the information and may no longer be protected by the federal privacy rules. We normally provide information about your health to you in person at the time you receive chiropractic care from us. We may also mail information to you regarding your health care or about the status of your account. If you would like to receive this information at an address other than your home or if you would like the information in a specific form please advise us in writing as to your preferences.

We are required by state and federal law to maintain the privacy of your patient file and the protected health information therein. We are also required to provide you with this notice of our privacy practices with respect to your health information, and are further required by law to abide by the terms of this notice while it is in effect. We reserve the right to alter or amend the terms of this privacy notice. If changes are made to our privacy notice we will notify you in writing as soon as possible following the changes. Any change in our privacy notice will apply for all of your health information in our files. If you have a complaint regarding our privacy notice, our privacy practices or any aspect of our privacy activities, or if you would like further information about our privacy policies and practices please contact:

Heide Ryan- Privacy Officer at 34507 Pacific Hwy S, ste 4, Federal Way WA 98003 (253) 874-4141

You also have the right to lodge a complaint with the Secretary of the Department of Health and Human Services. If you choose to lodge a complaint with this office or with the Secretary your care will continue and you will not be disadvantaged by this office or our staff in any manner whatsoever.

This office utilizes an "open adjusting" environment for ongoing patient care. "Open adjusting" involves several patients being seen in the same general adjusting area at the same time. Patients are within sight of one another and some ongoing routine details of care are discussed within earshot of other patients and staff. This environment is used for ongoing care and is NOT the environment used for taking patient histories, providing examinations or presenting reports of findings. These procedures are completed in a private, confidential setting. The use of this format is intended to make your experience with our office more efficient and productive as well as to enhance your access to quality health care and health information. If you choose not to be adjusted in an open-adjusting environment other arrangements will be made for you.

This notice is effective as of December 08, 2008. This notice, and any alterations or amendments made hereto will expire seven years after the date upon which the record was created. My signature acknowledges that I have received a copy of this notice.

Name (Please Print)

Signature

Date