SYMPTOM QUESTIONNAIRE (Page 2)

Please fill out only the sections that apply to you. Skip sections that do not relate to your condition.

NECK REGION

YES	NO	
☐	☐	Does neck and head movement cause your neck pain to intensify?
☐	☐	Do you get dizzy when you look up or twist your head? If yes, how often:
☐	☐	Do you black out or lose your balance when you look up or twist your head? If yes, how often:
☐	☐	Do you have to support your head with your hand or grasp your mouth or hair to be able to lift your head up when you are lying down and attempting to sit up? If your difficulty/inability to lift your head without support is injury related, indicate how soon this occurred after injury? (_____min/hrs)
☐	☐	Do you feel your neck pain sends pain downwards between your shoulders?
☐	☐	Do you feel your neck pain sending pain downwards to the front of your chest?
☐	☐	Have you noticed your head leaning or tilting to one side recently?
☐	☐	Have you ever been diagnosed as having a disc bulge or herniation in your neck?

ARM, HAND, OR FINGER REGION

YES	NO	
☐	☐	Do you have pain, numbness, or tingling in your shoulder, upper arm, lower arm, or hand? Circle areas
☐	☐	Do you have pain, numbness, or tingling in your fingers? If Yes, circle finger(s) that are involved: Thumb, Index finger, Middle finger, Ring finger, Little finger
☐	☐	Do you get increased arm numbness when lying flat on your back* or sleeping on your side recently?*
☐	☐	Does changing your sitting posture increase your arm/hand symptom intensity?
☐	☐	If you sit and slouch forward for several minutes, do your arm symptoms intensify?
☐	☐	If you have arm symptoms, do they improve when you lift your arms over your head? *
☐	☐	If you have arm symptoms, do they worsen when you lift your arms over your head? *
☐	☐	If you have night time hand or arm pain, does it help to shake and massage them?
☐	☐	Do your hands feel tender when you grasp objects recently?
☐	☐	Do you feel weakness in your grip strength recently?
☐	☐	Do you drop objects in your hand recently?
☐	☐	Do you have difficulty writing or doing small motions with your fingers recently?
☐	☐	Do your hand(s) or wrist get swollen recently?
☐	☐	Do your hands burn recently?
☐	☐	Are your fingers frequently cold?
☐	☐	Have you been diagnosed as having Raynaud's syndrome in your past?

* See commonly asked questions.

MID BACK AND CHEST WALL REGION

YES	NO	
☐	☐	Do you have pain that shoots or radiates outward along your rib cage?
☐	☐	Does your mid back or chest wall pain intensify when you take a deep breath in or cough recently?
☐	☐	Does your mid back or chest wall pain intensify when you twist your torso, bend, or stoop forward?
☐	☐	When you bend your mid back to the left or right side, does your mid back pain or chest pain increase?
☐	☐	Have you been diagnosed as having angina before?
☐	☐	Do you have a tight band-like chest feeling recently?
☐	☐	Do you recently have any associated unusual indigestion, chest pressure, or pain down your left arm?
☐	☐	Does your mid back pain mostly bother you during sleep?
☐	☐	Does your upper-middle back pain radiate inwards or upwards into your neck?

SYMPTOM QUESTIONNAIRE (Page 3)

Please fill out only the sections that apply to you. Skip sections that do not relate to your condition.

LOW BACK, HIP AND LEG/FOOT REGION

Check any of the following body movements that intensify your low back pain or leg symptoms:

☐	Sitting	☐	Bending forwards	☐	Standing up	☐	Walking
☐	Standing still	☐	Bending backwards	☐	Lying on your back	☐	Putting on shoes

Check all locations of any current leg pain, numbness, or tingling:

☐	Hip	☐	Buttock	☐	Back of thigh	☐	Calf
☐	Groin area	☐	Knee	☐	Front of thigh	☐	Foot/toes

YES	NO	Check all areas with a yes or no please
☐	☐	When you cough, sneeze, or bear down to have a bowel movement, does your low back pain or leg pain get worse recently?
☐	☐	Do you have a consistent pattern of getting severe leg pain after walking for similar distances that is relieved by resting or sitting down. This pain resumes after walking for same distance again. *
☐	☐	Do you get leg cramping while walking that is relieved by resting, leaning against an object, or sitting. This pain is worse at night time and is relieved by walking around for a couple of minutes. *
☐	☐	Do you get leg pain or hip pain while walking that is consistently relieved by sitting down or lying down. This pain doesn't bother you at night time or while sitting. *
☐	☐	Does your one or both of your legs or feet drag on the floor recently?
☐	☐	Do you get a lot of leg cramps at night time recently?
☐	☐	Have you had any urinary or bowel incontinence recently or had difficulty urinating or having bowel movements during the same time as your having low back pain or leg pain?
☐	☐	Have you had abdominal pain, indigestion, colicky symptoms with your low back pain?
☐	☐	Have you observed that your low back pain is not relieved by any type of postural change?
☐	☐	Do your feet feel cold recently? If yes, indicate which foot or if both feet:
☐	☐	Have you ever been diagnosed as having a herniated or bulging disc in your low back in the past?
☐	☐	Have you ever had an injection of Chymopapain into your discs in your back or neck?
☐	☐	Have you recently noticed that either of your legs occasionally give out on you when you walk? *
☐	☐	Does one or both of your legs feel weak recently?
☐	☐	Have you ever been diagnosed as having a spondylolisthesis in your low back region?
☐	☐	Have you or either of your parents ever been diagnosed as having an abdominal aneurysm?
☐	☐	If you have radiating leg or foot pain did you notice low back pain or soreness before your leg symptoms became noticeable?
☐	☐	If you have leg pain, is your leg pain primarily focused in front of your thigh(s)?*
☐	☐	Has your anal-rectal region been completely numb recently?
☐	☐	**Men Only.** Do you have any recent prostate or urinary problems?
☐	☐	**Women Only.** Do you have any recent ovarian, uterine, or bladder problems?

* See commonly asked questions

SLEEPING PATTERNS

YES	NO	
☐	☐	Do you sleep poorly at night recently?
☐	☐	Do you sleep on your stomach?
☐	☐	Do you consistently feel extremely tired when you wake up in the morning recently?