

# Ahwatukee *Life!* Center

FAMILY CHIROPRACTIC • Quenton N. Morley B.Sc., D.C.  
4855 E Warner Rd • Suite A23 • Phoenix • Arizona • ☎(480) 893-3437 • 📠(480)893-9192  
[www.AhwatukeeLifeCenter.com](http://www.AhwatukeeLifeCenter.com)

## Statement of Purpose

Ahwatukee Life! Center offers a unique opportunity for you and your family to discover the benefits of Chiropractic care and learn how this will assist you in obtaining your goal of optimum health.

## Confidential Personal Information

Patient Name \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_  
SS# \_\_\_\_/\_\_\_\_/\_\_\_\_ Home Ph ( ) \_\_\_\_-\_\_\_\_ Cel Ph ( ) \_\_\_\_-\_\_\_\_  
Address \_\_\_\_\_  
Apt# \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Occupation \_\_\_\_\_ Employer \_\_\_\_\_ Wk Ph ( ) \_\_\_\_-\_\_\_\_  
(If Minor) Parent/Guardian's Name \_\_\_\_\_  
Spouse's Name \_\_\_\_\_ Spouse's Employer \_\_\_\_\_  
In case of emergency, call \_\_\_\_\_ Relationship \_\_\_\_\_ Phone ( ) \_\_\_\_-\_\_\_\_  
Email address \_\_\_\_\_ How did you hear about our office?  
 Referral \_\_\_\_\_  Google  YellowPages  Directory  Ad  Other

## Health History

Chief Complaint \_\_\_\_\_  
Other doctors seen for this condition \_\_\_\_\_  
Is this condition/injury due to work injury or an automobile accident? Work Auto No  
List all medications you are currently taking \_\_\_\_\_  
History of all surgeries \_\_\_\_\_  
Relevant family history: Diabetes Cancer High Blood Pressure Arthritis Heart Disease  
Emphysema Stroke Other \_\_\_\_\_

Females Only Are you pregnant? No Yes Maybe

Have you had chiropractic care? No Yes, when was your last adjustment?

Signature X \_\_\_\_\_ Date \_\_\_\_\_

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Please **circle the number** that describes your pain

1-2-3=Little    4-5-6=Medium    7-8-9-10=Severe

## SKELETAL

- Neck            1 2 3 4 5 6 7 8 9 10
- Headaches    1 2 3 4 5 6 7 8 9 10
- TMJ/Jaw       1 2 3 4 5 6 7 8 9 10
- Upper Back    1 2 3 4 5 6 7 8 9 10
- Shoulders     1 2 3 4 5 6 7 8 9 10
- Arms Lt/Rt    1 2 3 4 5 6 7 8 9 10
- Mid Back      1 2 3 4 5 6 7 8 9 10
- Low Back     1 2 3 4 5 6 7 8 9 10
- Hips Lt/Rt    1 2 3 4 5 6 7 8 9 10
- Legs Lt/Rt    1 2 3 4 5 6 7 8 9 10
- 1 2 3 4 5 6 7 8 9 10

Please **check all symptoms** you have currently  
**OR** list the **date** when you last had the symptom.

## DIGESTIVE

- Irritable Bowel Syndrome
- Heartburn
- Ulcers
- Gas/Bloating
- Constipation
- Diarrhea
- Frequent Nausea/Vomiting
- Gallbladder Problems
- Liver Problems
- Weight Trouble
- Abdominal Cramps
- 

## URINARY

- Kidney Stones
- Bladder Infections
- Urination Problems
- 

Please **check all symptoms** you have currently  
**OR** list the **date** when you last had the symptom.

## NERVOUS SYSTEM

- Concussion
- Fainting
- Dizziness
- Numbness
- Buzz/Ring in Ears
- Confusion/Depression
- Paralysis
- Forgetfulness
- 

## CIRCULATORY

- High Blood Pressure
- Heart Problems
- Chest Pain
- Shortness of Breath
- Stroke
- 

## RESPIRATORY

- Asthma
- Allergies
- Sinus Infection
- Lung Problems
- 

## HORMONAL

- Thyroid Problems
- Estrogen
- Insulin/Diabetes
-

# FUNCTIONAL RATING INDEX

## Pain Disability Questionnaire

This index helps us understand how your condition has affected your ability to manage everyday activities. For each item below, **please circle the number which most closely describes your condition right now.**

### Pain Intensity

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

### Recreation

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

### Sleeping

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

### Frequency of pain

0	1	2	3	4
No pain	Occasional pain 25% of the time	Intermittent pain 50% of the time	Frequent pain 75% of the time	Constant pain 100% of the time

### 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 Needs some assistance	Severe pain Need 100% assistance

### 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

### Travel (driving, etc)

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

### Walking

0	1	2	3	4
No pain any distance	Increased pain after 1 mile	Increased pain after 1/2 mile	Increased pain after 1/4 mile	Increased pain with all walking

### Work

0	1	2	3	4
Can do usual work plus unlimited extra work	Can do usual work No extra work	Can do 50% of usual work	Can do 25% of usual work	Cannot work

### Standing

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

Print Name \_\_\_\_\_

Total Score \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

- The Functional Rating Index has been standardized in research settings for Neck and Back Pain injury problems. (Fiese and Menke, Spine: 26:78-87, Jan, 2001). It has been found to be more responsive, reliable, and easier to use than the well known 18 item Roland-Morris Disability Questionnaire. (Wunpen, et al, Spine:30:141-145, Jan 1, 2005)
- Ahwatukee Life Center is using this instrument as a clinical monitoring tool for all neuromuscular and orthopedic pain as well, including such problems as headaches, fibromyalgia, and extremity injuries.