PREGNANCY HEALTH HISTORY FORM

Appointment Date_____

PERSONAL DATA

Name _____ Age _____ Date of Birth _____

Home Address _____ City _____ State _____ Zip _____

Home phone (____) _____ Business Phone (____) _____

Cell Phone (____) _____ SS#_____

E-mail address_____

Occupation _____ Employer _____

Marital Status ❑ S ❑ M Spouse/Partner _____

Names and Ages of Children_____

Whom may we thank for referring you to our office? _____

REASON FOR SEEKING CHIROPRACTIC CARE

What concerns do you feel Maximize Chiropractic can address for you? _____

_____

Are these concerns affecting your quality of life? (Please circle all that apply)

Work:	Y	N	Driving:	Y	N	Sleep:	Y	N
School:	Y	N	Walking:	Y	N	Sitting:	Y	N
Exercise/sports:	Y	N	Eating:	Y	N	Love life:	Y	N

HEALTH CARE PRACTITIONER HISTORY

Have you ever received Chiropractic care? ❑Y ❑ N Name of D.C. _____

How long under care? ❑ _____days ❑_____weeks ❑_____months ❑_____ years

Date of last visit: _____Why did you stop care?_____

Have you consulted or do you regularly consult any of the following providers? (check all that apply)

❑ Medical Physician ❑ Naturopath ❑ Acupuncturist ❑ Homeopath

❑ Massage Therapist ❑ Psychotherapist ❑ Energy Healer ❑ Dentist

Reason:_____

_____

Due Date: _____ Name of OBGYN or Midwife_____

Where will you be birthing your baby? ❑ Hospital ❑ Home ❑ Birthing Center ❑ Other_____

HEALTH, WELLNESS AND CHIROPRACTIC CARE

The primary system in the body which coordinates health is the NERVE SYSTEM.
The vertebrae (bones of the spinal column) surround and protect the delicate NERVE SYSTEM.
Injury to the SPINE and NERVE SYSTEM is a condition called VERTEBRAL SUBLUXATION.
VERTEBRAL SUBLUXATION results in nerve malfunction due to vertebral/spinal misalignment.

Vertebral Subluxations can have Physical, Emotional and Chemical causes and effects.

The information below will help us to see the types of **PHYSICAL, EMOTIONAL & CHEMICAL** stresses you have been subjected to in your life, how they may relate to your present spinal, nerve and health status and whether they may have caused **Vertebral Subluxations** to occur.

PHYSICAL STRESS: BIRTH AND INFANCY

The birth process can traumatize a baby's spine and cause damage to the spine & nerve system. Please CHECK where and how YOU were birthed. (If you do not know, please skip to next question)

❑ Home ❑ Natural ❑ Hospital ❑ Caesarian section ❑ Forceps
❑ Breech ❑ Cord around neck ❑ Prolonged labor ❑ Drug induced labor ❑ Suction

PHYSICAL STRESS: CHILDHOOD THROUGH ADULT

The minor & often ignored repetitive physical traumas that we have endured are often too numerous to list. Please list the major traumas that you remember from your childhood up to the present.

_____

Have you had any accidents due to any of the following? (Check all that apply)

❑ Automobile ❑ Motorcycle ❑ Bicycle ❑ Sports ❑ Playground ❑ Abuse

If yes, state type of injury and date:

_____

Have you ever broken or fractured any bones? ❑ Y ❑ N

If yes, list body parts injured and dates of injuries:

_____

Have you ever been hospitalized or had surgery? ❑ Y ❑ N

If yes, state reason and dates: _____

EMOTIONAL STRESS: CHILDHOOD THROUGH ADULT

It is difficult to separate the emotional stress in our life from the physical response that often occurs. Please indicate if you have ever or are experiencing any of the emotional stresses below:

Childhood Trauma	Y	N	Loss of loved one	Y	N	Abuse	Y	N
Work or School	Y	N	Divorce/separation	Y	N	Financial	Y	N
Lifestyle change	Y	N	Parents' divorce	Y	N	Illness	Y	N

CHEMICAL STRESS: CHILDHOOD THROUGH ADULT

Chemical stress can occur when a substance, that is toxic to the body, is breathed, injected, taken by mouth, or placed on the skin (e.g.: food allergies, drug reactions, exposure to chemicals in the air, etc.) The following will reveal exposures you may have had.

Were you vaccinated? ❑ Y ❑ N If yes, did you have a reaction? ❑ Y ❑ N ❑Unsure

Have you been exposed to any of the following on a regular basis (either in the past or presently)?

❑ Toxic chemicals ❑ Second hand smoke ❑ Drug therapy
❑ Radiation ❑ Chemotherapy ❑ Other

If yes, please list:_____

Do you have allergies or sensitivities to any foods? ❑ Y ❑ N If yes, please list:

_____

Do you presently consume any of the following?

❑ Coffee/caffeine ❑ Alcohol ❑ Tobacco ❑ Over the counter drugs ❑ Prescribed drugs

Please list all medications (prescribed and over the counter):_____

_____

_____

Note: It is imperative that you list all medications as they may have an influence on your care.

QUALITY OF LIFE (presently)

How do you grade your physical health? ❑ Good ❑ Fair ❑ Poor
How do you grade your emotional/mental health? ❑ Good ❑ Fair ❑ Poor
How do you rate your overall "quality of life"? ❑ Good ❑ Fair ❑ Poor
Do you exercise regularly? If yes, how often? _____
Do you take supplements? If yes, please list: _____
Do you follow a special dietary regime? _____

YOUR EXPECTATIONS FROM CHIROPRACTIC CARE

I would like to experience the following benefits from Chiropractic Care: (Check all that apply)

❒ Relief of a symptom or problem
❒ Relief and Prevention of a symptom or problem
❒ Healthier spine and nerve system
❒ Optimal health on all levels
❒ OTHER_____

PREGNANCY HEALTH HISTORY

FERTILITY HISTORY

Did you have any difficulty in conceiving? _____

How long had you been trying before becoming pregnant? _____

When was your last missed period? _____

Have you ever use any of these fertility methods/drugs? (Please circle all that apply)

IVF:	Y	N	Ovidrel:	Y	N	Other: _____
IUI:	Y	N	Femara:	Y	N	Other: _____
Metformin:	Y	N	Eating:	Y	N	Other: _____

BIRTH HISTORY

Do you have a birth plan? Y N

What Birth # is this? _____

Who was your chiropractor for previous births? _____

Any prior miscarriages? Y N

Do you know the sex? Y N Plan to find out? Y N

How long were previous labors? _____

_____

Have you had any ultrasounds? Y N

If yes, please list the medical reason it was done: _____

_____

Who is on your birth team? (Please circle all that apply)

Doula:	Y	N	Husband:	Y	N	Other: _____
Midwife:	Y	N	Kids:	Y	N	Other: _____
OB:	Y	N	None:	Y	N	Other: _____

Where will you be birthing your baby? ❑ Hospital ❑ Home ❑ Birthing Center ❑ Other_____

Name of OBGYN or Midwife_____ Estimated Due Date: _____

FINANCES

Payment in full is expected on all FIRST VISIT services (whether you have insurance coverage or not.) All other fees are to be paid at time of service until other arrangements have been made and agreed upon.

First Visit Fees: Comprehensive Exam, Report of Findings and 1st adjustment: $130

PLEASE READ AND SIGN

1. Insurance verification will take 24-36 hours; our insurance specialist will have all insurance details completed upon your second appointment. In the event coverage is present, the deposit of $130 will be refunded, placed towards your deductible or co-pays.

2. Patients' with no insurance coverage are able to obtain discounts on care through *Compliant Coupons;* which office staff will enroll you in on your first appointment.

3. I consent to receive communication from the office via email, postal mail, text and telephone messaging in connection with my care. ❑ Yes ❑ No If I should withdraw my consent, I will notify the office in writing.

4. I consent to my name and or photo being posted on Facebook and or private website.
❑ Yes ❑ No If I should withdraw my consent, I will notify the office in writing.

5. The information I have provided on this case history form is true and accurate to the best of my knowledge. I give Dr. Tim Nicholl permission to render care to me today. This initial visit includes a health history consultation, chiropractic exam and evaluation, and any initial care that is determined to be clinically necessary and mutually agreed upon.

6. Cancellation Policy: Cancellation for scheduled appointments must be done within 24 hours or 1 business day. Appointments cancelled or unable to reschedule within the same day are subject a fee of $65.

Name: (Printed) _____Date: _____

Signature:_____

Thank you for choosing Maximize Chiropractic

Nicholl Chiropractic Inc.

We look forward to helping you.