

WELLNESS QUESTIONNAIRE

Helping you one question at a time!

BACK PAIN / NECK PAIN

Name: First Name	MI	Last Name	Date of Birth:
			Patient Code:

Please do not select anything if the answer is no or negative.
Select Rarely 'R' if this is an uncommon event or symptom.
Select Frequent 'F' if this is a common event or symptom.
Select Always 'A' if this is a persistent event or symptom. Also select 'A' for Yes

At first glance there may seem to be a lot of questions. But each of these questions were selected because of their direct or indirect relation to the symptoms mentioned.

Section 1

1. R F A Consume breads / pastas / starches

Section 2

2. R F A Smoke or use tobacco

3. R F A Eat fast food

4. R F A Eat pre processed / packaged foods

5. R F A Drink cow's milk

6. R F A Consume refined carbs

7. R F A Consume wheat or gluten

8. R F A Very little exercise

Section 3

9. R F A Vertigo / dizziness

10. R F A Light headedness

11. R F A Double vision or blurred vision

Section 4

12. R F A Difficulty breathing deeply

13. R F A Asthma

14. R F A Shortness of breath

15. R F A Pain when taking a breath

Section 5

16. R F A Difficulty going to sleeping

17. R F A Difficulty staying asleep

18. R F A Overweight

19. R F A Too much stress / tension

20. R F A Fatigued or tired

Section 6

21. R F A Erectile dysfunction

22. R F A Suffer from PMS

23. R F A Mood swings

24. R F A Pain with sex

Section 7

25. R F A High blood pressure

26. R F A Slow or fast heart beats at rest

Section 8

27. R F A Poor circulation in your hands

28. R F A Poor circulation in your feet

29. R F A Restless leg syndrome

Section 9

30. R F A Abdominal cramps or pain

31. R F A Irritable bowel syndrome

32. R F A Diarrhea

33. R F A Constipation

Section 10

34. R F A Bed wetting

35. R F A Urinary urgency

36. R F A Urinary hesitancy

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Section 11

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| 37. R F A Headaches or migraines | 43. R F A Joint pain |
| 38. R F A Stiffness or muscle spasms | 44. R F A Arthritis |
| 39. R F A Bone pains | 45. R F A Muscle weakness |
| 40. R F A Difficulty exercising | 46. R F A Osteoporosis |
| 41. R F A Chronic fatigue syndrome | 47. R F A Muscle relaxors |
| 42. R F A Back pain or neck pain | |

Section 12

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| 48. R F A Pain medications | 50. R F A Poor coordination |
| 49. R F A Multiple sclerosis | 51. R F A Brain fog - lack of concentration |

Section 13

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| 52. R F A Anxiety / anxiousness | 53. R F A Problems relaxing |
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Section 14

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| 54. R F A Allergies |
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