

Symptoms: Please check all that apply.

NAME: _____

D.O.B: _____

DATE: _____

GENERAL:

- Insomnia
- Irritability
- Depression
- Mood Swings
- Fatigue
- Poor Memory
- Strongly like Cold Drinks
- Strongly like Hot Drinks
- Recent weight loss/ gain
- Cold hands or feet
- Chills/ Fever

HEAD & NECK :

- Headaches/ Migraines
- Stiff Neck
- Dizziness
- Fainting
- Swollen Glands

EAR:

- Ringing
- Hearing Loss
- Infections
- Earache
- Hearing Aids
- Vertigo

EYES:

- Blurred Vision
- Poor Night Vision
- Eye Inflammation
- Double Vision
- Glaucoma
- Cataracts
- Dry Eyes
- Spots or Floaters

NEUROLOGICAL:

- Seizures / Paralysis
- Tremors
- Numbness or Tingling
- Poor Coordination

Nose, Throat, & Mouth:

- Hay Fever/ Allergies
- Frequent sore throat
- Mouth & tongue ulcers
- Frequent Colds
- Nosebleeds
- Dry Nose
- Nasal congestion
- Loss of voice
- Thirst
- Excessive phlegm
- TMJ

Facial Pain

- Gum Problems
- Dry Mouth

SKIN:

- Hives
- Rashes
- Eczema/ psoriasis
- Night Sweating
- Dry Skin
- Easy Bruising
- Changes in Moles/ lumps
- Itching

RESPIRATORY:

- Difficulty Breathing
- Difficulty Breathing when lying down
- Wheezing
- Asthma
- Chronic Cough
- Wet Cough
- Dry Cough
- Coughing up Phlegm
- Coughing up Blood
- Shortness of Breath
- Tight Chest
- Pneumonia

CARDIOVASCULAR:

- High Blood Pressure
- Low Blood Pressure
- Chest pain or Tightness
- Palpation
- Rapid Heart Beat
- Irregular Heart Beat
- Poor Circulation
- Swollen Ankles
- Phlebitis
- Anemia

GASTROINTESTINAL:

- Indigestion
- Stomach Pain
- Constipation
- Diarrhea
- Poor Appetite
- Excessive Hunger
- Vomiting
- Hiccups
- Acid Regurgitation
- Bloating/ Gas
- Laxative Use
- Bad Breath
- Bloody Stool
- Mucus in Stool
- Hemorrhoids
- Gall Bladder Disorder

MUSCULOSKELETAL:

- Joint Pain/ Disorder
- Sore Muscles
- Weak Muscles
- Difficulty walking
- Neck/ Shoulder Pain
- Upper Back Pain
- Lower Back Pain
- Rib Pain
- Limited Range of Motion

GENITO- URINARY:

- Pain on Urination
- Frequent Urination
- Urgent Urination
- Blood in Urine
- Unable to hold Urine
- Incomplete Urination
- Bedwetting
- Wake to Urinate
- Increase/ Decreased Libido
- Kidney Stones
- Impotence

MEN:

- Premature Ejaculation
- Nocturnal Emission
- Pain/ Itching of Genitalia

WOMEN:

1. Last Menstrual Cycle: _____
2. Form of Contraceptive: _____

PMS SYMPTOMS:

- Nausea
- Food Craving
- Depression
- Vomiting
- Irritability
- Headaches
- Water Retention
- Anxiety
- Breast Swelling
- Migraines
- Breast Tenderness
- Other Emotions: _____

3. Are you Pregnant?
 Yes No

4. Last Pap Smear: _____

5. Menopause: (Date of onset) _____

6. Are you on Hormone Replacement? Yes No

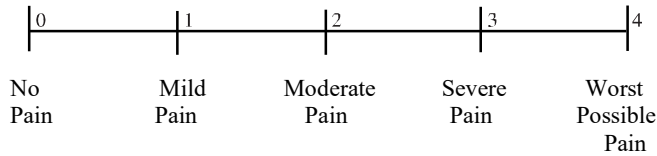
CHECK ALL THAT APPLY:

- Urinary Tract Infection
- Vaginal Infection/ Discharge
- Endometriosis
- Pain/ Itching Genitalia
- Uterine Fibroids
- Other

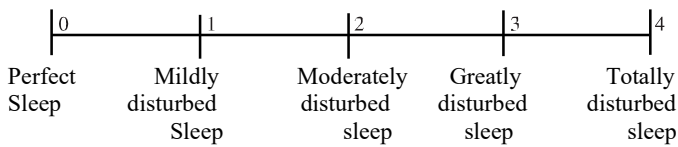
Functional Rating Index

In order to properly assess your condition, we must understand how much your **neck and/or back problems** have affected your ability to manage everyday activities. For each item below, **please circle the number which most closely describes your condition right now.**

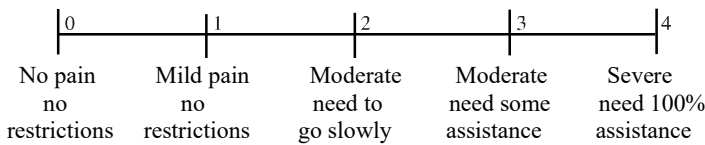
1. Pain Intensity



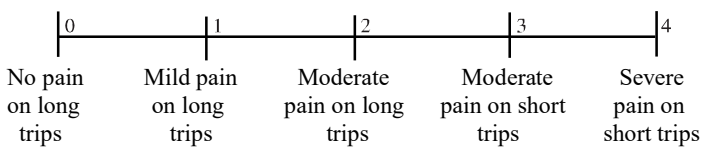
2. Sleeping



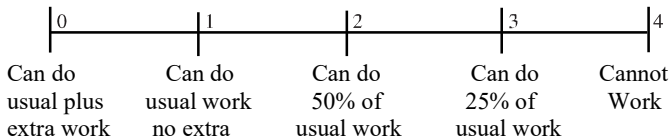
3. Personal Care (washing, dressing, etc.)



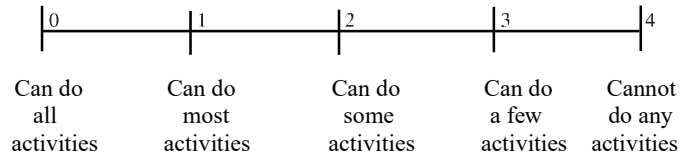
4. Traveling (driving, etc.)



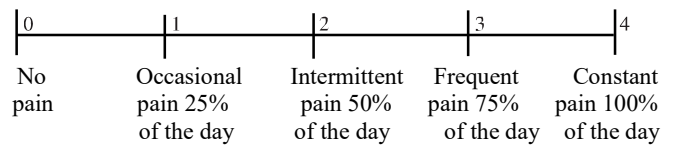
5. Working (housework/chores)



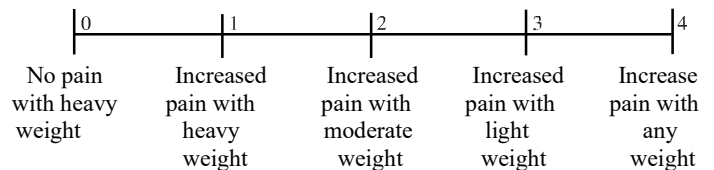
6. Recreation



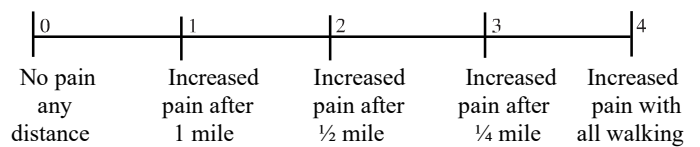
7. Frequency of Pain



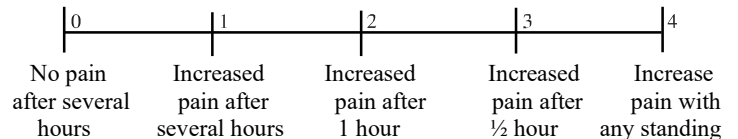
8. Lifting



9. Walking



10. Standing



Total Score _____/40

Name: _____

Printed

Signature

Date

PATIENT INFORMATION

Acupuncture is a form of therapy in which fine needles are inserted into specific points in the body. Acupuncture is very safe. Single use, sterile, disposable needles are used in the clinic. Serious side effects are rare, less than one per 10,000 treatments. Possible side effects are:

- Drowsiness may occur after treatment in a small number of patients. If you feel drowsy, you are advised not to drive.
- Minor bleeding or bruising occurs after acupuncture 3% of treatments.
- Symptoms can get worse after treatment before it gets better (less than 3% of patients). You should tell me if this occurs, so your treatment plan may be adjusted accordingly.
- Pain during treatment occurs in about 1% of treatments.
- A needle may occasionally be overlooked and not removed, please check before leaving.

Please keep these things in mind regarding acupuncture treatment:

- While needles are in place, do not change your position or move suddenly.
- Wear comfortable, loose clothing.
- Maintain good personal hygiene
- Avoid treatment when excessively fatigued, hungry, full, or emotionally.
- I am unable to treat patients who are intoxicated and/or abusing substances.

While receiving acupuncture treatment, please feel free to communicate with me if you are experiencing discomfort during the needling process, as this will enable me to adjust needles to maximize your comfort during treatment.

Everyone responds to treatment differently, therefore, I cannot guarantee the outcome of treatment. Some individuals experience total or partial relief of their symptoms after the first few treatments. Others notice steady, gradual improvement. In some cases, no relief is felt at all until after several days go by. Occasionally, some people notice that their pain actually seems to be worse before it gets better. Let me know how you responded to the last treatment so that I can adjust your treatment plan.

Other procedures may be used in addition to, or instead of acupuncture:

- Electro Acupuncture uses an extremely mild electrical current attached to specific acupuncture needles to enhance the effect of the treatment. You can expect to feel a slight tingling sensation that will not be painful.
- Cupping (usually on the back) creates suction using small glass cups to release “stagnation” and “congestion”. There is some bruising that results and lasts several days.
- Moxibustion (Moxa) uses a dried herb in a cigar-like form, which is burned to warm and tonify specific points.
- Shiatsu massage is a Japanese form of acupressure that most people find very relaxing and may be used alone, or with other procedures.
- Chinese herbal formulas are individualized for your specific condition and are usually dispensed in capsules, pills, or granular form to be reconstituted in hot water.
- Other supplements of lifestyle and diet changes may be recommended to enhance the effect of the treatment.
- Ear seeds/ tacks may be placed in specific acupuncture points or on the ear to help continue the effects of the treatment. Please press **GENTLY** on these points several times daily.

I will work with you to provide the most comfortable and effective treatment for your condition. Please let me know of any concerns you may have or any changes you would like to your treatment plan.

Trish Power, L.Ac. *207 S. Halcyon Rd., Arroyo Grande, CA 93420 (805) 481-9696