

TODAY'S DATE: ____/____/____

FILE #: _____



WELCOME

PERSONAL INFORMATION

Patient Name: _____ Preferred Name: _____

Birthdate: ____/____/____ Age: _____ Male Female Weight: _____ lbs. Height: ____ Ft. ____ In.

Mailing Address: _____ City: _____ State: _____ Zip: _____

Daytime Phone: _____ Evening Phone: _____ Email: _____

Status: Minor Married Divorced Separated Widowed Children: Yes No How many: _____

Referred By: _____

Employer: _____ Occupation: _____

What pregnancy is this for you? 1st 2nd 3rd 4th What is your due date? _____

Who is your midwife? Name _____ Phone () _____

Who is your OB/GYN? Name _____ Phone () _____

Who is your doula? Name _____ Phone () _____

Emergency Contact Name _____ Phone () _____

ACCOUNT INFORMATION (Person Ultimately Responsible For Account Parent or Legal Guardian)

Name: _____ Relation: _____ Work Phone: _____

Billing Address: _____ City: _____ State: _____ Zip: _____

Payment Method: Cash Check Credit Card

Credit Card Number: _____ Exp. Date: _____ Initial Here: _____

I hereby authorize assignment of my insurance rights and benefits directly to the provider for services rendered. I fully understand I am solely responsible for any balance not paid by my insurance company (if offered at this office.)

INSURANCE INFORMATION *Please inform front desk of second insurance source.

Company Name: _____ Phone #: _____

Insured's Id #: _____ Group # (Plan, Local, Policy #): _____

Insured's Name: _____ Relation: _____

REASON FOR VISIT

Primary Reason (List only one): _____

When did you first experience this? _____

How did this first begin? _____

What seems to make it worse? _____

What seems to make it better? _____

2200 John F Kennedy Rd., Dubuque, IA
563|845|7283
Healthydubuque.com

How would you describe the symptoms? Burning Stabbing Aching Sharp Tingling Numb

Does this cause pain that travels to any other area in the body? Yes No Where? _____

Grade the pain (10 in debilitating): Now- 1 2 3 4 5 6 7 8 9 10 Average- 1 2 3 4 5 6 7 8 9 10

How often do you experience this: <25% 26-50% 51-75% >76%

Secondary Reason for consulting us: _____

HEALTH HISTORY

Are you experiencing any of the following?

- Headaches
- Neck Pain
- Back Pain
- Arm/Leg Pain
- Leg/Foot Pain
- Difficulty Sleeping
- Digestive Issues
- Anxiety
- Depression
- Fatigue
- Nausea/Vomiting
- Gestational Diabetes

The Birth Process:

The birth process can injure a baby's spine and cause damage to their delicate nervous system. Research is showing that many of the health challenges that occur later in life have their origins during the development years, some starting at birth. Please note your experience with a previous pregnancy (if this is your first pregnancy, please skip.)

Location:

- Home
- Natural Birth Center
- Hospital

Intervention:

- Caesarian Section
- Episiotomy
- Forceps Delivery
- Vacuum Extraction
- Induced Labor
- Epidural

Labor, Delivery & Afterbirth

- Crech Presentation
- Transverse Lie
- Post-Partum Depression
- Difficulty Breastfeeding
- Other: _____

Previous Injuries, Surgeries, Hospitalizations:

Date:	Type:	Treatment & Outcome
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Injuries include car accidents, athletic injuries.*

Please list ALL Current Medications: (Prescription and over-the-counter)

Name & Dosage:	Reason for taking:
_____	_____
_____	_____
_____	_____

Please List ALL Current Supplements:

Name & Dosage:	Reason for taking:
_____	_____
_____	_____
_____	_____

Informed Consent for Chiropractic Care

Chiropractic, like all forms of healthcare, while offering considerable benefit may also offer some level of risk. This level of risk is most often very minimal, yet in rare cases injury has been associated with chiropractic care. Complications that have been reported secondary to chiropractic care include sprain/strain injuries, irritation of a disc condition, and rarely fractures. There are reported cases of stroke associated with visits to medical doctors and chiropractors. Scientific evidence does not establish a cause and effect relationship between chiropractic care and occurrence of stroke; rather, recent studies indicate that patients may be consulting medical doctors and chiropractors when they are in the early stages of a stroke. In essence, there may be a stroke already in progress. You are being informed of this reported association because a stroke may cause serious neurological impairment or even death. The possibility of such injuries occurring in association with a chiropractic adjustment is extremely remote.

Prior to receiving care in this chiropractic office, a health history and physical exam will be completed. These processes are performed to assess your specific condition, your overall state of health, and in particular your spinal health. These procedures will assist the doctors in determining if chiropractic care is needed, or if any further examinations or studies are needed before care is provided. In addition, they will help the doctors to determine if there is any reason to modify your care or provide you with a referral to another healthcare provider. All relevant findings will be reported to you along with care plan recommendations to help you understand your options prior to beginning care.

My initials and signature below constitutes my acknowledgement that I understand and accept the potential risks associated with chiropractic care and give my consent to the examination and care that the doctor may deem necessary.

Initial:

Notice of Privacy Practices

I understand that the doctors at Ideal Chiropractic Health Center may share my protected health information for office operations, with authorized personnel only, in compliance with the rules and regulations of HIPAA. I further understand that I can request a copy of privacy practice information by contacting the office at any time. My initials and signature below constitutes my acknowledgement that I have been informed of my health information privacy rights.

Initial:

PRENATAL CHIROPRACTIC RESEARCH

An Expectant Parent's Guide to Chiropractic

One of the most important times for a woman to be receiving chiropractic care is during pregnancy! From the moment of conception your body goes through a series of remarkable changes. Some are easy to spot: a growing belly, changes in posture and the changes in gait- that characteristic pregnancy "waddle." What we cannot see are the millions of different hormonal changes and chemical reactions occurring both in the mother and the developing baby, all of which are controlled and coordinated through the nervous system. Now more than ever, during pregnancy you need a nervous system that responds immediately and accurately

The 5 Most Commonly Reported Benefits of Chiropractic Care During and After Pregnancy

1. **Less pain during pregnancy, labor and delivery** (with 50% reduced need for pain medications)
2. **A faster labor and delivery** (24% faster for the first pregnancy and up to 39% faster for others)
3. **Significantly reduced need for medical intervention** (including epidural, episiotomy, and C-section)
4. **A faster recovery after childbirth** (greater ability to respond to the demands of motherhood)
5. **Reduced likelihood of postpartum depression** (with overall measurable increased quality of life)

As you gain weight, especially in the abdomen, this exerts a downward, forward pull on the lower spine. This extra weight and changes in your gait and center of gravity can set the stage for backache and neck pain. Additionally, as labor approaches, your body secretes a hormone called Relaxin, which loosens ligaments. This may exaggerate the effects of an existing spinal or pelvic problem. The positioning of the baby and its movement as well as the expansion of the lower part of the ribcage to accommodate your growing babe can also cause a discomfort in the ribs and upper portion of the lower back. Additionally, your increasing breast size in preparation for lactation can create upper back subluxations.

As your pregnancy advances, some chiropractic techniques will need to be modified for your comfort. Your Chiropractor is aware of this and will make the necessary changes. In particular, special pregnancy pillows and table with drop-away pelvic pieces are used to accommodate your growing belly. A chiropractor trained in the techniques that address uterine constraint or malpresentations [**The Webster Technique for Pregnancy**] will check for nerve system imbalance, misalignment of the pelvic bones, misalignment of the sacrum and vertebrae, and spasm of the ligaments that support the uterus and help hold the pelvis together.