

Please check (X) any symptom you have had in the past or have now. Indicate Rt or Lt where needed

	PAST	NOW		PAST	NOW
NECK			LOW BACK		
Pain in neck			Low back pain		
Neck stiffness			Low back stiffness		
Neck weakness			Low back weakness		
Pinches nerve in neck			Pinched nerve in low back		
Neck feels out of place					
Muscle spasms in neck			HIPS & LEGS		
Grinding/popping sound in neck			Pain in buttocks	Lt Rt	Lt Rt
SHOULDERS			Pain in hip joint	Lt Rt	Lt Rt
Pain in shoulder joint	Lt Rt	Lt Rt	Pain down leg	Lt Rt	Lt Rt
Pain across shoulders	Lt Rt	Lt Rt	Pain in knee	Lt Rt	Lt Rt
Can't raise arm	Lt Rt	Lt Rt	Pain in ankle	Lt Rt	Lt Rt
__ Above shoulder	Lt Rt	Lt Rt	Weakness in leg	Lt Rt	Lt Rt
__ Over head	Lt Rt	Lt Rt	Weakness in knee	Lt Rt	Lt Rt
Tension in shoulders	Lt Rt	Lt Rt	Leg cramps	Lt Rt	Lt Rt
Pinched nerve in shoulder	Lt Rt	Lt Rt			
			FEET		
MID-BACK			High instep	Lt Rt	Lt Rt
Mid-back pain			Fallen arches	Lt Rt	Lt Rt
Mid-back stiffness			Pain in arches	Lt Rt	Lt Rt
Pain from front to back			Cramps in feet or toes	Lt Rt	Lt Rt
Muscle spasms in mid-back			Swollen ankles	Lt Rt	Lt Rt
			Excessive perspiration	Lt Rt	Lt Rt
ARMS & HANDS			Use foot appliance	Lt Rt	Lt Rt
Pain in upper arm	Lt Rt	Lt Rt	Changes of heels cause pain	Lt Rt	Lt Rt
Pain in elbow	Lt Rt	Lt Rt	Bunions	Lt Rt	Lt Rt
Pain in forearm	Lt Rt	Lt Rt	Corns	Lt Rt	Lt Rt
Pain in hand	Lt Rt	Lt Rt	Calluses	Lt Rt	Lt Rt
Pain in fingers	Lt Rt	Lt Rt	Planter warts	Lt Rt	Lt Rt
Pins and needles	Lt Rt	Lt Rt	Heel spurs	Lt Rt	Lt Rt
Pins & needles in fingers	Lt Rt	Lt Rt	Wear shoes over:	Lt Rt	Lt Rt
Numbness in arm	Lt Rt	Lt Rt	Inwardly	Lt Rt	Lt Rt
Numbness of fingers	Lt Rt	Lt Rt	Outwardly	Lt Rt	Lt Rt
Weakness of hand	Lt Rt	Lt Rt	Athlete's foot	Lt Rt	Lt Rt
Hands cold	Lt Rt	Lt Rt	Ingrown toenails	Lt Rt	Lt Rt