

SYMPTOM SURVEY FORM

Crossroads Chiropractic

Dr. Shawn Stubbs

2826 Moody Parkway Suite A

Moody, Alabama 35004

(205) 640-6500



Patient _____ Doctor _____ Date _____

Birth Date ____/____/____ Approx Weight _____ Sex: Male ☐ Female ☐

Posture: Recumbent _____ Standing _____ Vegetarian: Yes ☐ No ☐

Blood pressure: Recumbent ____/____ Standing ____/____ Ragland's Test is Positive ☐

INSTRUCTIONS: Fill in only the circles which apply to you.

- ☐ ☐ ☐ MILD symptoms (occurred once or twice last 6 months).
- ☐ ☐ ☐ MODERATE symptoms (occurred once or twice last month).
- ☐ ☐ ☐ SEVERE symptoms (chronic, occurred once or twice last week).
- ☐ ☐ ☐ Leave circles BLANK if they don't apply to you!

1 2 3 GROUP 1

- 1 ☐ ☐ ☐ Acid foods upset
- 2 ☐ ☐ ☐ Get chilled often
- 3 ☐ ☐ ☐ "Lump" in throat
- 4 ☐ ☐ ☐ Dry mouth-eyes-nose
- 5 ☐ ☐ ☐ Pulse speeds after meal
- 6 ☐ ☐ ☐ Keyed up - fail to calm
- 7 ☐ ☐ ☐ Cut heals slowly
- 8 ☐ ☐ ☐ Gag easily
- 9 ☐ ☐ ☐ Unable to relax; startles easily
- 10 ☐ ☐ ☐ Extremities cold, clammy
- 11 ☐ ☐ ☐ Strong light irritates
- 12 ☐ ☐ ☐ Urine amount reduced
- 13 ☐ ☐ ☐ Heart pounds after retiring
- 14 ☐ ☐ ☐ "Nervous" stomach
- 15 ☐ ☐ ☐ Appetite reduced
- 16 ☐ ☐ ☐ Cold sweats often
- 17 ☐ ☐ ☐ Fever easily raised
- 18 ☐ ☐ ☐ Neuralgia-like pains
- 19 ☐ ☐ ☐ Staring, blinks little
- 20 ☐ ☐ ☐ Sour stomach often

GROUP 2

- 21 ☐ ☐ ☐ Joint stiffness on arising
- 22 ☐ ☐ ☐ Muscle-leg-toe cramps at night
- 23 ☐ ☐ ☐ "Butterfly" stomach, cramps
- 24 ☐ ☐ ☐ Eyes or nose watery
- 25 ☐ ☐ ☐ Eyes blink often
- 26 ☐ ☐ ☐ Eyelids swollen, puffy
- 27 ☐ ☐ ☐ Indigestion soon after meals
- 28 ☐ ☐ ☐ Always seems hungry; feels "lightheaded" often
- 29 ☐ ☐ ☐ Digestion rapid
- 30 ☐ ☐ ☐ Vomiting frequent
- 31 ☐ ☐ ☐ Hoarseness frequent
- 32 ☐ ☐ ☐ Breathing irregular
- 33 ☐ ☐ ☐ Pulse slow; feels "irregular"
- 34 ☐ ☐ ☐ Gagging reflex slow
- 35 ☐ ☐ ☐ Difficulty swallowing
- 36 ☐ ☐ ☐ Constipation, diarrhea alternating
- 37 ☐ ☐ ☐ "Slow starter"
- 38 ☐ ☐ ☐ Get "chilled" infrequently
- 39 ☐ ☐ ☐ Perspire easily
- 40 ☐ ☐ ☐ Circulation poor, sensitive to cold
- 41 ☐ ☐ ☐ Subject to colds, asthma, bronchitis

GROUP 3

- 42 ☐ ☐ ☐ Eat when nervous
- 43 ☐ ☐ ☐ Excessive appetite
- 44 ☐ ☐ ☐ Hungry between meals
- 45 ☐ ☐ ☐ Irritable before meals
- 46 ☐ ☐ ☐ Get "shaky" if hungry
- 47 ☐ ☐ ☐ Fatigue, eating relieves
- 48 ☐ ☐ ☐ "Lightheaded" if meals delayed
- 49 ☐ ☐ ☐ Heart palpitates if meals missed or delayed
- 50 ☐ ☐ ☐ Afternoon headaches
- 51 ☐ ☐ ☐ Overeating sweets upsets

1 2 3

- 52 ☐ ☐ ☐ Awaken after few hours sleep - hard to get back to sleep
- 53 ☐ ☐ ☐ Crave candy or coffee in afternoons
- 54 ☐ ☐ ☐ Moods of depression - "blues" or melancholy
- 55 ☐ ☐ ☐ Abnormal craving for sweets or snacks

GROUP 4

- 56 ☐ ☐ ☐ Hands and feet go to sleep easily, numbness
- 57 ☐ ☐ ☐ Sigh frequently, "air hunger"
- 58 ☐ ☐ ☐ Aware of "breathing heavily"
- 59 ☐ ☐ ☐ High altitude discomfort
- 60 ☐ ☐ ☐ Opens windows in closed rooms
- 61 ☐ ☐ ☐ Susceptible to colds and fevers
- 62 ☐ ☐ ☐ Afternoon "yawner"
- 63 ☐ ☐ ☐ Get "drowsy" often
- 64 ☐ ☐ ☐ Swollen ankles, worse at night
- 65 ☐ ☐ ☐ Muscle cramps, worse during exercise; get "charley horses"
- 66 ☐ ☐ ☐ Shortness of breath on exertion
- 67 ☐ ☐ ☐ Dull pain in chest or radiating into left arm, worse on exertion
- 68 ☐ ☐ ☐ Bruise easily, "black and blue" spots
- 69 ☐ ☐ ☐ Tendency to anemia
- 70 ☐ ☐ ☐ "Nose bleeds" frequent
- 71 ☐ ☐ ☐ Noises in head, or "ringing in ears"
- 72 ☐ ☐ ☐ Tension under the breastbone, or feeling of "tightness", worse on exertion

GROUP 5

- 73 ☐ ☐ ☐ Dizziness
- 74 ☐ ☐ ☐ Dry skin
- 75 ☐ ☐ ☐ Burning feet
- 76 ☐ ☐ ☐ Blurred vision
- 77 ☐ ☐ ☐ Itching skin and feet
- 78 ☐ ☐ ☐ Excessive falling hair
- 79 ☐ ☐ ☐ Frequent skin rashes
- 80 ☐ ☐ ☐ Bitter, metallic taste in mouth in mornings
- 81 ☐ ☐ ☐ Bowel movements painful or difficult
- 82 ☐ ☐ ☐ Worrier, feels insecure
- 83 ☐ ☐ ☐ Feeling queasy; headache over eyes
- 84 ☐ ☐ ☐ Greasy foods upset
- 85 ☐ ☐ ☐ Stools light colored
- 86 ☐ ☐ ☐ Skin peels on foot soles
- 87 ☐ ☐ ☐ Pain between shoulder blades
- 88 ☐ ☐ ☐ Use laxatives
- 89 ☐ ☐ ☐ Stools alternate from soft to watery
- 90 ☐ ☐ ☐ History of gallbladder attacks or gallstones
- 91 ☐ ☐ ☐ Sneezing attacks
- 92 ☐ ☐ ☐ Dreaming, nightmare type bad dreams
- 93 ☐ ☐ ☐ Bad breath (halitosis)
- 94 ☐ ☐ ☐ Milk products cause distress
- 95 ☐ ☐ ☐ Sensitive to hot weather
- 96 ☐ ☐ ☐ Burning or itching anus
- 97 ☐ ☐ ☐ Crave sweets

GROUP 6

- 98 ☐ ☐ ☐ Loss of taste for meat
- 99 ☐ ☐ ☐ Lower bowel gas several hours after eating
- 100 ☐ ☐ ☐ Burning stomach sensations, eating relieves
- 101 ☐ ☐ ☐ Coated tongue
- 102 ☐ ☐ ☐ Pass large amounts of foul-smelling gas
- 103 ☐ ☐ ☐ Indigestion 1/2 - 1 hour after eating; may be up to 3-4 hrs.
- 104 ☐ ☐ ☐ Mucous colitis or "irritable bowel"
- 105 ☐ ☐ ☐ Gas shortly after eating
- 106 ☐ ☐ ☐ Stomach "bloating" after eating