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Demographic & Contact Information

First Name:	Last Name:	Birth Date:	Gender
Address		Primary Phone	Cell Phone
Address 2		Work Phone	Home Phone
City	State/Province	Postal Code	
E-Mail			
Preferred Communication	Preferred Reminder Format	Preferred Language	Smoking Status

Insurance Information

Insured First Name:	Insured Last Name:	Insured ID Number:		
Insured Address:				
City:	State/Province:	Postal Code:	Insured Phone:	Insured Gender:
Insurance Carrier:				
Insured Policy:	Insurance Group No:	Insurance Plan/Program:	Insured Birth Date:	Insured Relationship To Patient:

Current Medications

Medication	Reason	Start Date
Medication	Reason	Start Date
Medication	Reason	Start Date
Medication	Reason	Start Date
Medication	Reason	Start Date

Medication Allergies

Medication	Reason	Symptom
Medication	Reason	Symptom
Medication	Reason	Symptom

Allergies (Check all that apply)

Animals	Aspirin/Pain Medicine	Bee Stings
Chocolates/Sweets	Dairy Products (milk, cheese)	Dust
Eggs	Latex	Molds
Penicillin	Ragweed/Pollen	Rubber
Seasonal Allergies	Shellfish	Soaps
Wheat	X-ray Dye	None

Surgeries (Check all that apply)

Appendix	Back	Brain/Tumor	Carpal tunnel
Cervical Disc	Chest	Disc	EENT
Elbow	Elbow	Foot	Gallbladder
Gastrointestinal	Gynecological	Heart	Heart Bypass
Hernia	Hip	Hip Replacement	Knee
Knee	Knee Replacement	Lumbar Disc	Neck
Neurological	Obstetrical	Other	Podiatric
Shoulder	Thoracic Disc	Wrist	Wrist/Hand

Medical History (Check all that apply)

Ankle Pain	Arm Pain	Arthritis
Asthma	Back Pain	Broken Bones
Cancer	Chest Pain	Depression/Other disorder
Diabetes	Dizziness	Elbow Pain
Epilepsy	Eye/Vision Problems	Fainting
Fatigue	Foot Pain	Genetic Spinal Disorder
Hand Pain	Headaches	Hearing Problems
Hepatitis	High Blood Pressure	Hip Pain
Jaw Pain	Joint Stiffness	Knee Pain
Leg Pain	Low Back Pain	Menstrual Problems
Mid Back Pain	Minor Heart Trouble	Multiple Sclerosis
Neck Pain	Neurological Disorder	Pacemaker
Parkinson's Disease	Polio	Prostate Problems

Medical History - Continued (Check all that apply)

- Shoulder Pain
- Significant weight change
- Spinal Cord Injury
- Sprain/Strain
- Stomach Problems
- Stroke/Heart Attack
- Tumor
- Ulcer/s
- Wrist Pain

Social History (Check all that apply)

- Alcohol use
- Being in college
- Being in high school
- Being married
- Being single
- Caffeine use
- Disability
- Drug abuse
- Employment status
- Exercising regularly
- Good sleep habits
- Health status
- Home stress
- Normal family environment
- Other stress
- Poor diet habits
- Sexual history
- Smoking/tobacco use
- STD history
- Work stress
- Working

Custom (Check all that apply)

test

Family History

Family Member	Condition
Family Member	Condition
Family Member	Condition
Family Member	Condition
Family Member	Condition

Accidents

Accident Type	Details
Accident Type	Details
Accident Type	Details
Accident Type	Details

Tell us about your symptom(s) today. Symptom #1

Symptom

Symptom Start Date

Experienced before?

On what side are you experiencing the pain?

Left Right Bilateral Central None

What is the level of pain?

None 0 1 2 3 4 5 6 7 8 9 10

What is the intensity of the pain?

None Minimum Mild Moderate Severe Unbearable

What is the nature of pain?

Burning	Dull ache	Numb	Radiating pain	Sharp
Shooting	Stabbing pain	Throbbing	Tightness	Tingling

What is the frequency of pain?

None Constantly (76 - 100% of the day) Frequently (51 - 75% of the day)
 Intermittently (0 - 25% of the day) Occasionally (26 - 50% of the day)

What makes the pain better?

Acupuncture	Chiropractic Therapy	Heat	Ice
Massage Therapy	Nothing works	Other	Pain Medicines
Physical Therapy	Sleep/Rest	Stretching	Therapy

What makes the pain worse?

Baking	Bathing	Bending
Bending Arm	Bending Leg	Care of others/Pets
Caring for Children	Carrying Objects	Climbing Stairs
Concentrating	Cooking/Cleaning	Crouching/Squatting
Doctor's visits	Doing Hobbies	Doing things on time
Dressing	Driving	Eating
Exercise/Sports	Financial Management	Gardening
General Mobility	Getting Places	Hearing

What makes the pain worse? - Continued

Holding onto objects	Housework	Jogging
Keeping balance	Knitting	Leaning
Lifting	Light/Sound	Lying down
Making decisions	Moving Joint/s	Mowing
Personal hygiene/Grooming	Pushing/Pulling with feet	Pushing/Pulling with hands
Reaching out/up/down	Reading	Running
Seeing	Sewing	Sexual Activity
Shopping	Sitting	Speaking
Standing	Turning	Twisting
Using the phone	Walking	Watching TV
Working	Yard work	

What are your expectations regarding this symptom?

Become Pain Free	Explanation of my Condition	Learn how to care for this condition on my own
Reduce Symptoms	Resume Normal Activity	

Tell us about your symptom(s) today. Symptom #2

Symptom

Symptom Start Date

Experienced before?

On what side are you experiencing the pain?

Left Right Bilateral Central None

What is the level of pain?

None 0 1 2 3 4 5 6 7 8 9 10

What is the intensity of the pain?

None Minimum Mild Moderate Severe Unbearable

What is the nature of pain?

Burning	Dull ache	Numb	Radiating pain	Sharp
Shooting	Stabbing pain	Throbbing	Tightness	Tingling

What is the frequency of pain?

What is the frequency of the pain? - Continued

None Constantly (76 - 100% of the day) Frequently (51 - 75% of the day)
Intermittently (0 - 25% of the day) Occasionally (26 - 50% of the day)

What makes the pain better?

Acupuncture	Chiropractic Therapy	Heat	Ice
Massage Therapy	Nothing works	Other	Pain Medicines
Physical Therapy	Sleep/Rest	Stretching	Therapy

What makes the pain worse?

Baking	Bathing	Bending
Bending Arm	Bending Leg	Care of others/Pets
Caring for Children	Carrying Objects	Climbing Stairs
Concentrating	Cooking/Cleaning	Crouching/Squatting
Doctor's visits	Doing Hobbies	Doing things on time
Dressing	Driving	Eating
Exercise/Sports	Financial Management	Gardening
General Mobility	Getting Places	Hearing
Holding onto objects	Housework	Jogging
Keeping balance	Knitting	Leaning
Lifting	Light/Sound	Lying down
Making decisions	Moving Joint/s	Mowing
Personal hygiene/Grooming	Pushing/Pulling with feet	Pushing/Pulling with hands
Reaching out/up/down	Reading	Running
Seeing	Sewing	Sexual Activity
Shopping	Sitting	Speaking
Standing	Turning	Twisting
Using the phone	Walking	Watching TV
Working	Yard work	

What are your expectations regarding this symptom?

Become Pain Free	Explanation of my Condition	Learn how to care for this condition on my own
Reduce Symptoms	Resume Normal Activity	

Tell us about your symptom(s) today. Symptom #3

Symptom

Symptom Start Date

Experienced before?

On what side are you experiencing the pain?

Left Right Bilateral Central None

What is the intensity of the pain?

None Minimum Mild Moderate Severe Unbearable

What is the nature of pain?

Burning Dull ache Numb Radiating pain Sharp
Shooting Stabbing pain Throbbing Tightness Tingling

What is the frequency of pain?

None Constantly (76 - 100% of the day) Frequently (51 - 75% of the day)
Intermittently (0 - 25% of the day) Occasionally (26 - 50% of the day)

What makes the pain better?

Acupuncture Chiropractic Therapy Heat Ice
Massage Therapy Nothing works Other Pain Medicines
Physical Therapy Sleep/Rest Stretching Therapy

What makes the pain worse?

Baking	Bathing	Bending
Bending Arm	Bending Leg	Care of others/Pets
Caring for Children	Carrying Objects	Climbing Stairs
Concentrating	Cooking/Cleaning	Crouching/Squatting
Doctor's visits	Doing Hobbies	Doing things on time
Dressing	Driving	Eating
Exercise/Sports	Financial Management	Gardening
General Mobility	Getting Places	Hearing
Holding onto objects	Housework	Jogging
Keeping balance	Knitting	Leaning
Lifting	Light/Sound	Lying down
Making decisions	Moving Joint/s	Mowing
Personal hygiene/Grooming	Pushing/Pulling with feet	Pushing/Pulling with hands
Reaching out/up/down	Reading	Running
Seeing	Sewing	Sexual Activity
Shopping	Sitting	Speaking
Standing	Turning	Twisting
Using the phone	Walking	Watching TV
Working	Yard work	

What are your expectations regarding this symptom?

What are your expectations regarding this symptom? - Continued

Become Pain Free	Explanation of my Condition	Learn how to care for this condition on my own
Reduce Symptoms	Resume Normal Activity	

Tell us about your symptom(s) today. Symptom #4

Symptom

Symptom Start Date

Experienced before?

On what side are you experiencing the pain?

Left Right Bilateral Central None

What is the level of pain?

None 0 1 2 3 4 5 6 7 8 9 10

What is the intensity of the pain?

None Minimum Mild Moderate Severe Unbearable

What is the nature of pain?

Burning	Dull ache	Numb	Radiating pain	Sharp
Shooting	Stabbing pain	Throbbing	Tightness	Tingling

What is the frequency of pain?

None Constantly (76 - 100% of the day) Frequently (51 - 75% of the day)
Intermittently (0 - 25% of the day) Occasionally (26 - 50% of the day)

What makes the pain better?

Acupuncture	Chiropractic Therapy	Heat	Ice
Massage Therapy	Nothing works	Other	Pain Medicines
Physical Therapy	Sleep/Rest	Stretching	Therapy

What makes the pain worse?

Baking	Bathing	Bending
Bending Arm	Bending Leg	Care of others/Pets
Caring for Children	Carrying Objects	Climbing Stairs
Concentrating	Cooking/Cleaning	Crouching/Squatting

Doctor's visits	Doing Hobbies	Doing things on time
Dressing	Driving	Eating
Exercise/Sports	Financial Management	Gardening
General Mobility	Getting Places	Hearing
Holding onto objects	Housework	Jogging
Keeping balance	Knitting	Leaning
Lifting	Light/Sound	Lying down
Making decisions	Moving Joint/s	Mowing
Personal hygiene/Grooming	Pushing/Pulling with feet	Pushing/Pulling with hands
Reaching out/up/down	Reading	Running
Seeing	Sewing	Sexual Activity
Shopping	Sitting	Speaking
Standing	Turning	Twisting
Using the phone	Walking	Watching TV
Working	Yard work	

What are your expectations regarding this symptom?

Become Pain Free Explanation of my Condition Learn how to care for this condition on my own
Reduce Symptoms Resume Normal Activity

Tell us about your symptom(s) today. Symptom #5

Symptom

Symptom Start Date

Experienced before?

On what side are you experiencing the pain?

Left Right Bilateral Central None

What is the level of pain?

None 0 1 2 3 4 5 6 7 8 9 10

What is the intensity of the pain?

None Minimum Mild Moderate Severe Unbearable

What is the nature of pain?

Burning Dull ache Numb Radiating pain Sharp

Shooting Stabbing pain Throbbing Tightness Tingling

What is the frequency of pain?

None Constantly (76 - 100% of the day) Frequently (51 - 75% of the day)
Intermittently (0 - 25% of the day) Occasionally (26 - 50% of the day)

What makes the pain better?

Acupuncture Chiropractic Therapy Heat Ice
Massage Therapy Nothing works Other Pain Medicines
Physical Therapy Sleep/Rest Stretching Therapy

What makes the pain worse?

Baking	Bathing	Bending
Bending Arm	Bending Leg	Care of others/Pets
Caring for Children	Carrying Objects	Climbing Stairs
Concentrating	Cooking/Cleaning	Crouching/Squatting
Doctor's visits	Doing Hobbies	Doing things on time
Dressing	Driving	Eating
Exercise/Sports	Financial Management	Gardening
General Mobility	Getting Places	Hearing
Holding onto objects	Housework	Jogging
Keeping balance	Knitting	Leaning
Lifting	Light/Sound	Lying down
Making decisions	Moving Joint/s	Mowing
Personal hygiene/Grooming	Pushing/Pulling with feet	Pushing/Pulling with hands
Reaching out/up/down	Reading	Running
Seeing	Sewing	Sexual Activity
Shopping	Sitting	Speaking
Standing	Turning	Twisting
Using the phone	Walking	Watching TV
Working	Yard work	

What are your expectations regarding this symptom?

Become Pain Free Explanation of my Condition Learn how to care for this condition on my own
Reduce Symptoms Resume Normal Activity