

# Park County Chiropractic ~ Symptom Survey Form

Patient \_\_\_\_\_

Date \_\_\_\_\_

*Please Return to Dr. Dobelbower 1201 US Hwy 10 W Ste A1, Livingston, MT 59047 before your next appointment.*

**Instructions:** Fill in the circle that applies best to you. Use (1) for MILD symptoms – occurs two or three times a year. Use (2) for MODERATE symptoms – occurs several times a year and use (3) for SEVERE symptoms – you are aware of it almost constantly. If a symptom does not apply to you, do not fill in any circle for that question. Be honest to yourself and the doctor!

<ol style="list-style-type: none"> <li>1. ①②③ Acid Foods Upset</li> <li>2. ①②③ Get Chilled Often</li> <li>3. ①②③ 'Lump' in Throat</li> <li>4. ①②③ Dry Mouth-Eyes-Nose</li> <li>5. ①②③ Pulse Speeds After Meal</li> <li>6. ①②③ Keyed-up-fail to Calm</li> <li>7. ①②③ Cuts Heal Slowly</li> <li>8. ①②③ Gag Easily</li> <li>9. ①②③ Unable to Relax; Startles Easily</li> <li>10. ①②③ Extremities Cold, clammy</li> <li>11. ①②③ Strong Light Irritates</li> <li>12. ①②③ Urine Amount Reduced</li> <li>13. ①②③ Heart Pounds After Retiring</li> <li>14. ①②③ 'Nervous' Stomach</li> <li>15. ①②③ Appetite Reduced</li> <li>16. ①②③ Cold Sweats Often</li> <li>17. ①②③ Fever Easily Raised</li> <li>18. ①②③ Neuralgia like Pains</li> <li>19. ①②③ Staring, Blinks Little</li> <li>20. ①②③ Sour Stomach Frequent</li> </ol>	<ol style="list-style-type: none"> <li>21. ①②③ Joint Stiffness After Arising</li> <li>22. ①②③ Muscle-Leg-Toe Cramps at Night</li> <li>23. ①②③ 'Butterfly' Stomach, Cramps</li> <li>24. ①②③ Eyes or Nose Watery</li> <li>25. ①②③ Eyes Blink Often</li> <li>26. ①②③ Eyelids Swollen, Puffy</li> <li>27. ①②③ Indigestion Soon After Meals</li> <li>28. ①②③ Always Seems Hungry; Feel 'Lightheaded Often</li> <li>29. ①②③ Digestion Rapid</li> <li>30. ①②③ Vomiting Frequent</li> <li>31. ①②③ Hoarseness Frequent</li> <li>32. ①②③ Breathing Irregular</li> <li>33. ①②③ Pulse Slow; Feels 'Irregular'</li> <li>34. ①②③ Gagging Reflex Slow</li> <li>35. ①②③ Difficulty Swallowing</li> <li>36. ①②③ Constipation/Diarrhea Alternating</li> <li>37. ①②③ 'Slow Starter'</li> <li>38. ①②③ Get 'Chilled' Infrequently</li> <li>39. ①②③ Perspire Easily</li> <li>40. ①②③ Circulation Poor, Sensitive to Cold</li> <li>41. ①②③ Subject to Colds, Asthma, Bronchitis</li> </ol>	<ol style="list-style-type: none"> <li>42. ①②③ Eat When Nervous</li> <li>43. ①②③ Excessive Appetite</li> <li>44. ①②③ Hungry Between Meals</li> <li>45. ①②③ Irritable Before Meals</li> <li>46. ①②③ Get 'Shaky' if Hungry</li> <li>47. ①②③ Fatigue, Eating Relieves</li> <li>48. ①②③ Lightheaded if Meal Delayed</li> <li>49. ①②③ Heart Palpitates if Meals Missed or Delayed</li> <li>50. ①②③ Afternoon Headaches</li> <li>51. ①②③ Overeating Sweet Upsets</li> <li>52. ①②③ Awaken After Few Hours Sleep - Hard to get Back to Sleep</li> <li>53. ①②③ Crave Candy or Coffee in Afternoon</li> <li>54. ①②③ Moods of Depression 'blues' or Melancholy</li> <li>55. ①②③ Abnormal Craving for Sweets or Snacks</li> </ol>
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<p>56. ①②③ Hands and Feet go to Sleep</p> <p>57. ①②③ Sigh Frequently "Air-Hunger"</p> <p>58. ①②③ Aware of 'Breathing Heavy'</p> <p>59. ①②③ High Altitude Discomfort</p> <p>60. ①②③ Opens Windows in Closed Rooms</p> <p>61. ①②③ Keyed-up-fail to Calm</p> <p>62. ①②③ Cuts Heal Slowly</p> <p>63. ①②③ Get Drowsy Often</p> <p>64. ①②③ Swollen Ankles Worse at Night</p> <p>65. ①②③ Muscle Cramps, Worse During Exercise; Get Charley Horses</p> <p>66. ①②③ Shortness of Breath on Exertion</p> <p>67. ①②③ Dull Pain in Chest or Radiating into Left Arm, Worse on Exertion</p>	<p>68. ①②③ Bruise Easily, Black and Blue Spots</p> <p>69. ①②③ Tendency to Anemia</p> <p>70. ①②③ Nose Bleeds Frequent</p> <p>71. ①②③ Noises in Head or 'Ringing in Ears'</p> <p>72. ①②③ Tension Under the Breastbone or Feeling of Tightness Worse on Exertion</p> <hr/> <p>73. ①②③ Dizziness</p> <p>74. ①②③ Dry Skin</p> <p>75. ①②③ Burning Feet</p> <p>76. ①②③ Blurred Vision</p> <p>77. ①②③ Itching Skin and Feet</p> <p>78. ①②③ Excessive Falling Hair</p> <p>79. ①②③ Frequent Skin Rashes</p> <p>80. ①②③ Bitter, Metallic Taste in Mouth in Mornings</p> <p>81. ①②③ Bowel Movements Painful or Difficult</p> <p>82. ①②③ Worrier, Feel Insecure</p> <p>83. ①②③ Feeling Queasy; Headache Over Eyes</p>	<p>84. ①②③ Greasy Foods Upset</p> <p>85. ①②③ Stools Light Colored</p> <p>86. ①②③ Skin Peels on Foot Soles</p> <p>87. ①②③ Pain Between Shoulder Blades</p> <p>88. ①②③ Use Laxatives</p> <p>89. ①②③ Stools Alternate from Soft to Watery</p> <p>90. ①②③ History of Gallbladder Attacks or Gallstones</p> <p>91. ①②③ Sneezing Attacks</p> <p>92. ①②③ Dreaming Nightmare type Bad Dreams</p> <p>93. ①②③ Bad Breath (halitosis)</p> <p>94. ①②③ Milk Products Cause Distress</p> <p>95. ①②③ Sensitive to Hot Weather</p> <p>96. ①②③ Burning or Itching Anus</p> <p>97. ①②③ Crave Sweets</p>
<p>98. ①②③ Loss of Taste for Meat</p> <p>99. ①②③ Lower Bowel Gas Several Hours After Eating</p> <p>100. ①②③ Burning Stomach Sensations Eating Relieves</p> <p>101. ①②③ Coated Tongue</p> <p>102. ①②③ Pass Large Amounts of Foul-Smelling Gas</p> <p>103. ①②③ Indigestion ½ - 1 hour After Eating; Maybe 3-4 hours</p> <p>104. ①②③ Mucous Colitis or 'Irritable Bowel'</p> <p>105. ①②③ Gas Shortly After Eating</p> <p>106. ①②③ Stomach Bloating After Eating</p>	<p>107. ①②③ Insomnia</p> <p>108. ①②③ Nervousness</p> <p>109. ①②③ Can't Gain Weight</p> <p>110. ①②③ Intolerance to Heat</p> <p>111. ①②③ Highly Emotional</p> <p>112. ①②③ Flush Easily</p> <p>113. ①②③ Night Sweats</p> <p>114. ①②③ Thin, Moist Skin</p> <p>115. ①②③ Inward Trembling</p> <p>116. ①②③ Heart Palpitates</p> <p>117. ①②③ Increased Appetite without Weight Gain</p> <p>118. ①②③ Pulse Fast at Rest</p> <p>119. ①②③ Eyelids and Face Twitch</p> <p>120. ①②③ Irritable and Restless</p> <p>121. ①②③ Can't Work Under Pressure</p>	<p>122. ①②③ Increase in Weight</p> <p>123. ①②③ Decrease in Appetite</p> <p>124. ①②③ Fatigue Easily</p> <p>125. ①②③ Ringing in Ears</p> <p>126. ①②③ Sleepy During Day</p> <p>127. ①②③ Sensitive to Cold</p> <p>128. ①②③ Dry or Scaly Skin</p> <p>129. ①②③ Constipation</p> <p>130. ①②③ Mental Sluggishness</p> <p>131. ①②③ Hair Coarse, Falls Out</p> <p>132. ①②③ Headaches Upon Arising Wear off During Day</p> <p>133. ①②③ Slow Pulse, Below 65</p> <p>134. ①②③ Frequency of Urination</p> <p>135. ①②③ Impaired Hearing</p> <p>136. ①②③ Reduced Initiative</p>

<p>137. ①②③ Failing Memory  138. ①②③ Low Blood Pressure  139. ①②③ Increased Sex Drive  140. ①②③ Headache, 'Splitting' or Rending  141. ①②③ Decreased Sugar Tolerance</p>	<p>150. ①②③ Dizziness of Rising  151. ①②③ Headaches  152. ①②③ Hot Flashes  153. ①②③ Increased Blood Pressure    154. ①②③ (Female) Hair Growth on Face on Body  155. ①②③ Sugar In Urine (Not Diabetes)  156. ①②③ Masculine Tendencies (Females)</p>	<p>165. ①②③ Poor Circulation  166. ①②③ Swollen Ankles  167. ①②③ Crave Salt  168. ①②③ Brown Spots or Bronzing of Skin  169. ①②③ Allergies –Tendency to Asthma  170. ①②③ Weakness After Cold/Flu    171. ①②③ Exhaustion–Muscular &amp; Nervous  172. ①②③ Respiratory Disorders</p>
<p>142. ①②③ Abnormal Thirst  143. ①②③ Bloating of Abdomen  144. ①②③ Weight Gain Around Hips or Waist  145. ①②③ Sex Drive Reduced or Lacking  146. ①②③ Tendency to Ulcers, Colitis  147. ①②③ Increased Sugar Tolerance  148. ①②③ Women: Menstrual Disorders  149. ①②③ Young Girls: Lack of Menstrual Function</p>	<p>157. ①②③ Weakness, Dizziness  158. ①②③ Chronic Fatigue  159. ①②③ Low Blood Pressure  160. ①②③ Nails Weak, Ridged  161. ①②③ Tendency to Hives  162. ①②③ Arthritic Tendencies  163. ①②③ Perspiration Increase  164. ①②③ Bowel Disorders</p>	<p>173. ①②③ Apprehension  174. ①②③ Irritability  175. ①②③ Morbid Fears  176. ①②③ Never seems to get well  177. ①②③ Forgetfulness  178. ①②③ Indigestion  179. ①②③ Poor Appetite</p>
<p>180. ①②③ Craving for Sweets  181. ①②③ Muscular Soreness  182. ①②③ Depression; Feelings of Dread  183. ①②③ Noise Sensitivity  184. ①②③ Acoustic Hallucinations    185. ①②③ Tendency to Cry without Reason  186. ①②③ Hair Course and/or Thinning  187. ①②③ Weakness  188. ①②③ Fatigue  189. ①②③ Skin Sensitive to Touch    190. ①②③ Tendency to Hives  191. ①②③ Nervousness  192. ①②③ Headaches  193. ①②③ Insomnia  194. ①②③ Anxiety  195. ①②③ Anorexia  196. ①②③ Inability to Concentration  Confusion  197. ①②③ Frequent Stuffy Nose; Sinus Infection  198. ①②③ Food Allergies  199. ①②③ Loose Joints</p>	<p><b>Female Only</b>  200. ①②③ Very Easily Fatigued  201. ①②③ Premenstrual Tension  202. ①②③ Painful Menses  203. ①②③ Depressed Feelings Before Menstruation  204. ①②③ Menstruation Excessive and Prolonged  205. ①②③ Painful Breasts  206. ①②③ Menstruate too Frequently  207. ①②③ Vaginal Discharge  208. ①②③ Hysterectomy/Ovaries Removed  209. ①②③ Menopausal Hot Flashes  210. ①②③ Menses Scanty or Missed  211. ①②③ Acne, Worse at Menses  212. ①②③ Depression of Long Standing</p>	<p><b>Male Only</b>  213. ①②③ Prostate Trouble  214. ①②③ Urination Difficult or Dribbling  215. ①②③ Night Urination Frequent  216. ①②③ Depression  217. ①②③ Pain on Inside of Legs or Heels  218. ①②③ Feeling of Incomplete Bowel Evacuation  219. ①②③ Lack of Energy  220. ①②③ Migrating Aches and Pains  221. ①②③ Tire too easily  222. ①②③ Avoiding Activity  223. ①②③ Leg Nervousness  224. ①②③ Diminished Sex Drive    Please return to Park County Chiropractic before your next appointment. Thank you!</p>