

# SYMPTOM LIST

Name \_\_\_\_\_

Date \_\_\_\_\_

Please check any symptoms you have from the list below.

## HEAD:

- \_\_\_ Headache
- \_\_\_ sinus (allergy)
- \_\_\_ entire head
- \_\_\_ back of head
- \_\_\_ forehead
- \_\_\_ temples
- \_\_\_ migraine
- \_\_\_ frequent and severe
- \_\_\_ Head feels heavy
- \_\_\_ Lightheadedness
- \_\_\_ Fainting
- \_\_\_ Face flushed
- \_\_\_ Loss of memory
- \_\_\_ Eye strain
- \_\_\_ Light bothers eyes
- \_\_\_ Blurred vision
- \_\_\_ Double vision
- \_\_\_ Loss of vision
- \_\_\_ Loss of balance
- \_\_\_ Dizziness
- \_\_\_ Loss of hearing
- \_\_\_ Pain in the ears
- \_\_\_ Ringing in the ears
- \_\_\_ Buzzing In the ears
- \_\_\_ Loss of taste
- \_\_\_ Loss of smell
- \_\_\_ Sinus trouble

## NECK:

- \_\_\_ Neck pain
- \_\_\_ Neck stiffness
- \_\_\_ Neck pain and stiffness
- \_\_\_ Moderate to severe pain
- \_\_\_ Neck pain with movement
  - \_\_\_ forward
  - \_\_\_ backward
  - \_\_\_ turning to the left
  - \_\_\_ turning to the right
  - \_\_\_ bending to the left
  - \_\_\_ bending to the right
- \_\_\_ Pinched nerve in the neck
- \_\_\_ Neck feels "out of place"
- \_\_\_ Muscle spasms in the neck
- \_\_\_ Grinding sounds in the neck
- \_\_\_ Arthritis in the neck

## SHOULDERS:

- \_\_\_ Pain in shoulder joint R L
- \_\_\_ Pain across shoulders R L
- \_\_\_ Pain between shoulder blades R L
- \_\_\_ Stiffness in shoulder R L
- \_\_\_ Tension in shoulder R L
- \_\_\_ Pinched nerve-shoulder R L
- \_\_\_ Muscle spasm-shoulder R L

## ARMS AND HANDS:

- \_\_\_ Pain in the upper arm R L
- \_\_\_ Pain in the elbow R L
- \_\_\_ Tennis elbow R L
- \_\_\_ Pain in the forearm R L
- \_\_\_ Pain in the hands R L
- \_\_\_ Pain in the fingers R L
- \_\_\_ Pins/needles in the arm R L
- \_\_\_ Pins/needles in fingers R L
- \_\_\_ Fingers go to sleep R L
- \_\_\_ Numbness in fingers R L
- \_\_\_ Fingers go to sleep R L
- \_\_\_ Hands get cold R L
- \_\_\_ Swollen fingers R L
- \_\_\_ Stiffness in fingers R L
- \_\_\_ Loss of grip strength R L

## MID BACK:

- \_\_\_ Mid-back stiffness
- \_\_\_ Mid-back pain and stiffness
- \_\_\_ Moderate to severe pain
- \_\_\_ Mid-back muscle spasms
- \_\_\_ Pain in kidney area

## CHEST:

- \_\_\_ Chest pain
- \_\_\_ Shortness of breath
- \_\_\_ Pain around the ribs
- \_\_\_ Breast pain
- \_\_\_ Irregular heartbeat

## ABDOMEN:

- \_\_\_ Nervous stomach
- \_\_\_ Nausea
- \_\_\_ Gas
- \_\_\_ Constipation
- \_\_\_ Diarrhea
- \_\_\_ Hemorrhoids

## LOW BACK:

- \_\_\_ Low back pain
  - \_\_\_ Low back stiffness
  - \_\_\_ Low back pain and stiffness
  - \_\_\_ Moderate to severe pain
  - \_\_\_ Muscle spasms in low back
  - \_\_\_ Low back feels out of place
- Low back pain is worse:*

- \_\_\_ working
- \_\_\_ lifting
- \_\_\_ stooping
- \_\_\_ standing
- \_\_\_ sitting
- \_\_\_ bending
- \_\_\_ coughing

- \_\_\_ lying down (sleeping)
- \_\_\_ walking

## HIPS, LEGS & FEET:

- \_\_\_ Pain in buttock R L
- \_\_\_ Pain in the hip joint R L
- \_\_\_ Pain down the leg R L
- \_\_\_ Pain down both legs R L
- \_\_\_ Leg cramps R L
- \_\_\_ Cramps in feet R L
- \_\_\_ Knee pain R L
  - \_\_\_ inside R L
  - \_\_\_ outside R L
- \_\_\_ Pins & needles in legs
- \_\_\_ Numbness of leg
- \_\_\_ Numbness of feet
- \_\_\_ Numbness of toes
- \_\_\_ Swollen ankles
- \_\_\_ Swollen feet
- \_\_\_ Feet feel cold

## WOMEN ONLY:

- \_\_\_ Menstrual pain
- \_\_\_ Menstrual cramping
- \_\_\_ Irregular period
- \_\_\_ Abnormal discharge
- \_\_\_ Tumors

## MEN ONLY:

- \_\_\_ Urinary frequency
- \_\_\_ Difficulty in starting urination
- \_\_\_ Night urination
- \_\_\_ Prostate pain/swelling

## GENERAL:

- \_\_\_ Anxiety
- \_\_\_ Nervousness
- \_\_\_ Irritable
- \_\_\_ Difficulty in prolonged riding in an automobile
- \_\_\_ Depression
- \_\_\_ Fatigue
- \_\_\_ Generally feel run down
- \_\_\_ Difficulty sleeping
- \_\_\_ Loss of weight \_\_\_\_\_ Lbs.
- \_\_\_ Gain weight \_\_\_\_\_ Lbs.
- \_\_\_ Excessive perspiration
- \_\_\_ Pallor
- \_\_\_ Tremors

Write in your own symptoms \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_