

Baseline Health Questionnaire

Name: _____ (Parent's Name): _____ Date: _____
 Age: _____ Email: _____ Phone #: _____

A compromised nervous system (nerve distress) can present in subtle and not-so-subtle ways. Please check the issues affecting you now or in the past.



Vancouver's **Pediatric** &
 Family Wellness Chiropractor
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Behaviour

- Impulsive
- Aggression
- Withdrawal
- Cannot sit still
- Can't follow instructions
- Rocking/head banging
- Temper tantrums/meltdowns
- Reckless, can't control actions
- Bites nails, picks or cuts skin

Physical Issues

- Arthritis
- Headaches
- Dizziness/Vertigo
- Shoulder/arm/hand pain/numb/tingling
- Hip/knee/foot pain/numb/tingling
- Poor balance/coordination
- Poor posture/Scoliosis
- Muscle spasm/weakness
- Neck or back pain
- Sciatica

Mental Acuity

- Fatigue
- Easily distracted
- Difficulty concentrating
- Confusion/easily overwhelmed
- Difficulty with logic/reasoning
- Poor executive brain function
- Lost motivation/creativity
- Poor sleep
- Poor memory

Organ Issues

- Allergies
- Food intolerances
- Auto-immune problems
- Digestive issues (constipation/diarrhea/bloating)
- Cardiovascular (blood pressure, circulation, breathing)
- Hormone imbalance (menstrual problems/libido menopause/thyroid/insulin)
- Frequent/prolonged illness
- Eyes/ears

Sensory Integration

- Light/sound sensitivity
- Fussy about textures
- Tics, constant movement
- Fearful of crowds, strangers, new environment, altered routine
- Trouble with non-verbal cues
- Insensitive or hypersensitive
- Clumsy/poor coordination
- Altered smell/taste

Emotions

- Moody
- Feeling helpless
- Recurrent thoughts
- Difficulty making friends
- Develops physical symptoms in response to emotional issues
- Social phobia/other phobias
- Hypersensitive to criticism
- Inappropriate feelings/distorted thinking
- Depression
- Anxiety

Please write a short paragraph about your/your child's main health concerns or health goals to give us a better idea of how we can help.

Do you want help? Yes No

- If yes, please tell us how:
- I would like a free consultation with the doctor
 - I would like free monthly e-newsletters
 - I would like to attend a free 90-minute Health Awareness Seminar