

Date \_\_\_\_\_

Chiropractic Patient Questionnaire

Name \_\_\_\_\_ Date of birth \_\_\_\_\_

Address \_\_\_\_\_ Post code \_\_\_\_\_

Phone Hm \_\_\_\_\_ Wk \_\_\_\_\_ Mob \_\_\_\_\_

E Mail \_\_\_\_\_

Occupation \_\_\_\_\_ Health Fund \_\_\_\_\_

Medical Doctor \_\_\_\_\_ Location \_\_\_\_\_

How did you discover this service \_\_\_\_\_

Reason/s for consultation \_\_\_\_\_

What do you feel was the cause \_\_\_\_\_

How long have you had it \_\_\_\_\_ Have this/these concern/s occurred before, how, when \_\_\_\_\_

Do you feel there are any other problems associated with your concern  
Y / N \_\_\_\_\_

How do you rate your concern Mild 1 2 3 4 5 6 7 8 9 10 Severe

Is it constant or intermittent (circle)

What makes it feel better \_\_\_\_\_ worse \_\_\_\_\_

Is it improving or deteriorating or remaining the same (circle)

How is this concern affecting your Life \_\_\_\_\_

Have you received any Tests/X-Rays/Scans/Treatment for this concern (circle)

Y/N What \_\_\_\_\_ Where \_\_\_\_\_

What was the result \_\_\_\_\_

Do other members of your family have similar health problems \_\_\_\_\_

With your current concern: (circle if appropriate)

Is there pain that radiates to another area. Where \_\_\_\_\_ Y / N

Is there pain with coughing, sneezing, or during a bowel movement Y / N

Do you have difficulty urinating, or controlling your bowels Y / N

Is there any pins and needles or numbness in your arms legs or face Y / N

Have you had a recent fever or infection Y / N

Do you have intense pain at night Y / N

Have you recently lost a large amount of weight for no reason Y / N

Have you had any blood in your urine or stool, black stool Y / N

Do you have: High Blood Pressure, Blood Clots, or Bleeding Problems Y / N

Do you suffer from: Dizziness, Blurred Vision, Nausea, Coordination problems Y / N

Have you ever had / do have any serious:

Illness (including emotional/psychological), Injury, Surgery, Hospitalization etc.

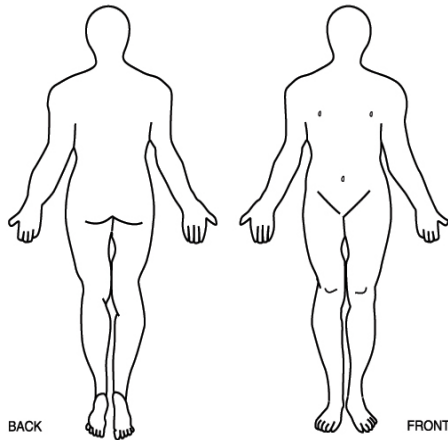
Details \_\_\_\_\_

Please turn over to next page

Do you have any other health concerns \_\_\_\_\_

Medications/supplements/natural remedies etc and reason for use \_\_\_\_\_

Please mark and label affected areas below



What does it feel like (circle):

Tight, Stiff, Painful, Catching, Sharp, Shooting, Dull, Aching, Throbbing, Pins and Needles, Crawling, Burning, Numb, Weak, Heavy.

Other \_\_\_\_\_

While all care and expertise is employed during treatment, not all variables and outcomes can be controlled or anticipated.

Spinal manipulation is one of the various methods used in this practice, according to the literature it carries a small risk of injury, including although not limited to; muscle and joint soreness, strains and sprains (to a ligament or disc, in the neck 1 in 139000, or low back 1 in 62000), fractures, strokes or stroke like symptoms from neck manipulation (1 in 5.85 million), or an exacerbation and/or aggravation of an underlying condition. Intervertebral disc injury may result in nerve pain in an arm or leg, changes in skin sensation, and muscle weakness. Severe cases of disc injury in the lower back may produce impaired bowel/bladder/genital function.

However to put things in perspective, one study shows that compared to receiving a course of anti-inflammatory drugs for spinal pain, Chiropractic is 250 times safer.

**To our knowledge, no serious incident has ever occurred in this practice.** The above information is simply derived from the available literature, and provided only for you to make an informed decision regarding your health care.

References: Magna report, Ontario Ministry of Health 1993, A risk assessment of cervical spine manipulation, JMPT 1994. Halderman, et al. Canadian Medical Association Journal 2001:165 (7). Dabbs,V., & Lauretti,W.J. (1995). A Risk Assessment of Cervical Manipulation vs NSAIDs for the Treatment of Neck Pain. Journal of Manipulative and Physiological Therapeutics, 18(8), 530-536.

Soft tissue techniques may produce some temporary muscle soreness. Musculoskeletal Acupuncture may produce mild bleeding, temporary bruising, and discomfort. Electro-physical therapy may cause mild unpleasant sensations and some initial increase in symptoms. Various allergic or adverse reactions and drug interactions may possibly result from natural remedies. Somatopsychic techniques may produce greater emotional range and conscious awareness.

Due to the nature of the physical examination and treatment, various parts of the body may require physical contact. If at any stage you are uncomfortable with any of these procedures please inform the practitioner immediately.

For your benefit it may be required that the information in your file be provided to your other health care providers.

Patient declaration: The information I have provided here is correct to the best of my knowledge. I have read and I understand the above information. I consent to examination, treatment, and release of my records if required, with the following (If any) exceptions \_\_\_\_\_

Print Name \_\_\_\_\_ Signed.....Date \_\_\_\_\_

## **Frequently Asked Questions**

### **Q: Can you fix my...?**

A: Chiropractic has shown to be effective for a wide range of problems, such as:

- Back and neck pain or stiffness
- Lumbar disc problems and sciatica
- Scoliosis and postural concerns
- Headaches and shoulder tension
- Pins and needles or numbness
- Sports and work injuries
- Whiplash, frozen shoulder and rotator cuff problems
- Tennis and golfers elbow
- Knee injuries and degeneration
- Hip pain and bursitis
- Mechanical foot problems and plantar fasciitis
- Wrist and RSI problems such as carpal tunnel syndrome

However, Chiropractic is best used as a wellness approach, whereby having your body checked and corrected by your Chiropractor regularly will allow you to be at your best in life. People from all walks of life benefit from Chiropractic care: athletes to improve performance, trades people to remain strong and flexible, office workers to reduce stress and improve workplace ergonomics and comfort, mums and kids to promote normal growth and development.

### **Q: What are the fees?**

A: Initial Consult 40mins \$85  
Long Consult 30mins \$75  
Standard Consult 20mins \$65

### **Q: Do Health Funds cover Chiropractic?**

A: Most Health Funds cover Chiropractic in their 'Extras' packages. In fact Health Funds support Chiropractic because statistics indicate that regular Chiropractic users have substantially lower overall health expenses. We have the HICAPS system available for you to make an instant health fund claim, and only pay the gap.

### **Q: What if I have a chronic condition and have no health cover?**

A: If you have existing chronic disease (A chronic medical condition is one that has been (or is likely to be) present for six months or longer. It includes conditions such as asthma, cancer, cardiovascular disease, diabetes, musculoskeletal conditions and stroke) you may qualify for the Government's Enhanced Primary Care (EPC) Medicare program.

This allows you five visits to an allied health professional, the cost of which may be reimbursed to following your treatment by visiting your local Medicare office.

EPC plans are to be completed by your Doctor and must be specifically referred to Wayne Ambrose Chiropractor Provider # 2539859X for use in our office.

### **Q: What can I expect?**

A: A thorough consultation and examination will help to discover the cause of any problems you have that we may be able to help you with. If we feel that treatment is appropriate it will commence on your first visit, however unusual findings may prompt us to refer you for further evaluation such as an X-Ray or Scan, or to another health professional that is more suited to your particular concern.

Treatment most often consists of the most appropriate application of one or a combination of the following: joint and or muscle manipulation stretching or mobilization, various massage techniques, acupuncture, deep vibration therapy, electro-physical therapy, as well as exercise nutritional and lifestyle advice that may speed your recovery and generally improve wellbeing.

Most problems we can treat are readily identified and will show change within 1-6 sessions, if no change is occurring we will either evaluate a different strategy or refer you to another health professional who may assist.

**Q: How often should I receive Chiropractic care?**

A: Initially, Recommendations for frequency and duration of care are determined by your: health history and goals, current physical condition, Chiropractic examination and X Rays/scans.

Most often, several visits over a short period are recommended initially for best results, as most conditions develop unnoticed over many months or years, and often symptoms only surface when your body is finally overwhelmed by the situation, many changes can occur within the body that may require time and attention in order to fully rehabilitate.

Visits are usually tapered once an acceptable level of improvement has been reached, and exercises and or nutritional/lifestyle recommendations have been made to assist in your recovery and the prevention of future problems.

Those who are active, have stressful occupations and lifestyles, or want to be their very best, find that a schedule of regular visits assists them in attaining and maintaining optimal health. This is the approach that elite athletes and performers take to ensure they are functioning at their best.

**Q: Is Chiropractic safe?**

A: Properly delivered, Chiropractic care is safe, effective and rarely uncomfortable. In the words of the New Zealand Government's Inquiry, Chiropractic care is "remarkably safe." Chiropractic has an excellent safety record. In relation to the treatment of neck and back pain, studies have shown that a course of Chiropractic care was 250 times safer than a course of anti-inflammatory drugs.

Techniques are chosen to suit your particular situation, and most people find the relief provided by Chiropractic allows for a relaxing and enjoyable experience. In 8 years of continual professional practice, using a variety of methods, and thousands of patient visits, our Chiropractor Wayne has never knowingly had a serious adverse event.

**Q: Is Chiropractic suitable for children and seniors?**

A: Yes, Chiropractic has been shown to be safe and effective for children and seniors. Techniques are specifically chosen or modified to suit growing or aging bodies. The sooner health problems are detected the better chance your child has of developing a strong healthy body, and healthier aging produces a greater quality of life.

**Q: Can I still benefit from Chiropractic if I am pregnant?**

A: Absolutely. Pregnancy produces postural and mechanical changes in your structure that can result in a range of symptoms, and ensuring your pelvis is well aligned may assist in a more comfortable birth. Techniques are specifically chosen or modified to suit your changing body, and have been shown to be not only effective but safe for your developing baby. You may safely continue to benefit from Chiropractic from conception, right through until it's almost time to deliver. A check soon after you deliver is wise, to ensure your spine can withstand the rigors of early motherhood.

**Q: Why is a Chiropractor uniquely qualified to care for my Spine?**

A: Out of any health profession Chiropractors maintain the most extensive education, training, and experience with regard to spinal manual therapy. Chiropractors are also trained to handle a wide range of other musculoskeletal problems. Rather than just applying a force to joints that are not moving well, Chiropractors utilize specific analyses that are designed to determine proper priority and sequence of procedures, resulting in a superior orthopedic and neurological outcome for the patient. The right thing done at the right time makes all the difference.

In fact, the Chiropractic profession is the only health service provider group with spinal manual therapy as its core education and practice. To minimize, prevent and possibly eliminate risks to the public, Chiropractic education embarks on a very tedious, rigorous and extensive educational process, particularly in the application of spinal manual therapy as a treatment form.

Chiropractic training in Australia involves 3 year Undergraduate Degree followed by 2 year Masters Degree University Programs. These courses are of similar length and depth as medical courses, but focus on promoting health through natural means. After entering practice, Australian Chiropractors are also required to undertake continuing

professional development to keep their skills current and stay up-to-date with the latest scientific research.

### **Q: Who is my Chiropractor**

A: Dr Wayne Ambrose M.Chiro BSc.Chiro Dip.RM Cert.NSA Cert.Acup MGKNHS MCAA

Wayne holds a Master of Chiropractic Science Degree, a Bachelor of Chiropractic Science Degree, a Diploma of Remedial Massage, and is certified in Network Spinal Analysis, Musculoskeletal Acupuncture, and Total Body Modification.

During his Bachelor studies Wayne received the prestigious Golden Key award for academic excellence twice, and went on to become a tutor for Macquarie University, teaching undergraduate students Chiropractic technique while completing his Master's program.

He is a member of the Chiropractors Association of Australia, and continues to update his professional education and skills by frequently attending post graduate seminars in Australia and overseas. He has supported the Australian Spinal Research Foundation Charity by helping to raise funds for further research. Wayne has a combined 16 years of education and experience in the health sciences.

Proficient in treating a wide range of neuromusculoskeletal problems, Wayne combines his cumulative knowledge and experience in providing his patients with the very best evidence based procedures to suit their individual requirements, producing fast and effective results.

In order to achieve this high standard of care, Wayne has selected and combined the very best knowledge and techniques from: Chiropractic, Osteopathy, Physiotherapy, Acupuncture, Massage, Energetic Disciplines, Exercise Prescription, Dietary Approaches, and Nutritional Supplementation.

Wayne successfully treats world class athletes, CEOs of national corporations, media personalities, medical and allied health professionals, injured WorkCover workers and DVA seniors, as well as hundreds of local families on the Central Coast, Sydney, and Newcastle.

### **Location Address**

Suite 12 Tuggerah Medical and Professional Centre  
3A Tuggerah Straight Commercial Centre  
152 Pacific Highway Tuggerah 2259

### **Hours of Operation**

Chiropractic/Rehab/Acupuncture/Laser/Scenar:

Monday and Thursday 8:30AM - 12:30PM  
Wed 2:30PM - 6:30 PM  
Tuesday and Friday 2:30PM - 6:30PM  
Sat 8:30AM - 12:30PM

Massage/Naturopathy/Homeopathy/Herbalism:

Monday and Thursday 2:30PM-6:30PM  
Tuesday and Friday 8:30AM-12:30PM

### **Contact Details**

Tel: 0404 671 323  
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E Mail: [ambrosechiropracticcare@gmail.com](mailto:ambrosechiropracticcare@gmail.com)  
Web: [www.ambrosechiropracticcare.com](http://www.ambrosechiropracticcare.com)