

# BASIC CARE QUESTIONNAIRE

## Level One Questionnaire

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

Answer all questions in reference to when you first began care in this office, or to your last full re-evaluation, if applicable.

- 1). I am (more, same, less) aware of my spine. This awareness is especially noticeable (at work, at rest, standing, sitting, walking, moving).
- 2). This awareness (is, is not) a result of greater discomfort or pain.
- 3). (If the answer to #2 is yes) I am (aware, not aware) of what positions or movements of the spine bring about this awareness. They are: \_\_\_\_\_
- 4). I am ( aware, not aware ) of spinal tension and restricted movement independent of pain during my day.
- 5). I am ( aware, not aware ) of an increase in pleasant sensations in my spine. These are:  
\_\_\_\_\_
- 6). I am ( aware, not aware ) of changes in the way I carry my body. They are:  
\_\_\_\_\_
- 7). I am ( more, same, less ) aware of my breathing when I am adjusted.
- 8). I am (more, same, less) aware of my breathing in between adjusting sessions.
- 9). In general, my breathing is (deeper, same, more shallow) and (easier, same, more difficult).
- 10). In general, movement is (easier, same, more difficult).
- 11). In general, I (feel, do not feel) greater ease standing straighter.
- 12). In general, I (feel, do not feel) my spine or areas of my spine to be more at peace.
- 13). I am (more aware, same, less aware) of where I hold tension in my body or spine.
- 14). I am (more aware, same, less aware) of when my body holds tension.
- 15). I am (more aware, same, less aware) of what releases tension from my body.
- 16). My body is becoming (more effective, same, less effective) at releasing its tension.

17). I (have, have not) experienced spontaneous movements of a part of my spine when another region was adjusted.

18). I (have, have not) experienced my body trying to unwind its tension while being adjusted.

19). I (have, have not) experienced a deeper awareness of knowing exactly what my body wants me to do. This has come in the area of (rest, exercise, sleep, movement).

20). I (have, have not) been more able to listen to my body's needs.

21). I have experienced the following additional marked mental, emotional, chemical, and physical stresses during this period, in addition to those I listed on the last questionnaire I filled out:

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22). I have had the following major relationship, job, residence, or other life changes during this period:

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23). I (have, have not) changed my dietary habits. Explain:

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24) I (have, have not) begun or modified an exercise program. Explain:

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25). I ( have, have not ) participated in classes or programs to enhance my healing capacity. Explain:

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26) Use this space to write about anything else you would like to discuss with your chiropractor about your spinal progress at this point in care.

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27). Do you wish to continue care at this time? \_\_\_\_\_