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Circle all that apply:

Exercise: Never Occasional 3-5x/week Daily  
 Alcohol: Never 2-5x/week Daily  
 Sleep: Hrs/night \_\_\_\_\_

Tobacco: Never Occ. Light Med Heavy  
 Caffeine: Never Occ. Daily  
 Dominant Hand: Right or Left

Allergies: \_\_\_\_\_

History of Accidents:

Date/Age:	Type of Accident:	Injury Type:

Had any of the Following: \_\_\_\_\_ Heart Trouble \_\_\_\_\_ Cancer \_\_\_\_\_ Diabetes \_\_\_\_\_ Epilepsy  
 \_\_\_\_\_ Alcoholism \_\_\_\_\_ Depression \_\_\_\_\_ Insomnia \_\_\_\_\_ Arthritis \_\_\_\_\_ Dizziness

Please Circle All **Current** Symptoms:

- |   |  |  |   |
|---|--|--|---|
| <p><b>+MUSCLE/JOINT/NECK</b><br/>         Spasms<br/>         Stiffness</p> <p><b>+MID-BACK</b><br/>         Pain<br/>         Spasms<br/>         Weakness<br/>         Stiffness</p> <p><b>+NUMBNESS</b><br/>         Arms L/R<br/>         Hands L/R<br/>         Legs L/R<br/>         Feet L/R</p> <p><b>+Joint Swelling</b><br/> <b>+Spinal Curvature</b><br/> <b>+Tail=Bone Pain</b></p> <p><b>+Other:</b> _____<br/>         _____<br/>         _____</p> | <p><b>+ LOW BACK</b><br/>         Pain<br/>         Spasms<br/>         Weakness<br/>         Stiffness</p> <p><b>+PAIN</b><br/>         Arms/Shoulders L/R<br/>         Hands/Elbows L/R<br/>         Hips/Legs/Knees L/R<br/>         Feet/Ankles L/R</p> <p><b>+ SKIN</b><br/>         Rashes Itching<br/>         Bruising Dryness<br/>         Slow Healing<br/>         Hives</p> <p><b>+RESPIRATORY</b><br/>         Chronic Cough<br/>         Difficulty Breathing<br/>         Asthma<br/>         Emphysema</p> | <p><b>+GENERAL</b><br/>         Headaches<br/>         Dizziness<br/>         Fainting<br/>         Sleep Loss<br/>         Fatigue<br/>         Nervous<br/>         Frequent Colds<br/>         Sinus Infections</p> <p><b>+CARDIOVASCULAR</b><br/>         Irregular heart<br/>         High Blood Pressure<br/>         Chest Pain<br/>         Ankle Swelling<br/>         Poor Circulation<br/>         Stroke<br/>         Varicose Veins<br/>         Anemia</p> | <p><b>+GASTROINTESTINAL</b><br/>         Poor Appetite Poor Digestion<br/>         Excess Hunger Belching Gas<br/>         Nausea Vomiting Diarrhea<br/>         Abdominal Bloating Constipation<br/>         Colon Trouble Hemorrhoids<br/>         Liver Trouble Gallbladder<br/>         Weight Loss Colitis Hiatal Hernia<br/>         Gluten Intolerance IBS</p> <p><b>+GENITO-URINARY</b><br/>         Frequent Urination<br/>         Painful Urination<br/>         Kidney Stones<br/>         Kidney/Bladder Infections<br/>         Prostate</p> <p><b>+WOMEN ONLY</b><br/>         PMS<br/>         Excessive Flow<br/>         Irregular Cycles<br/>         Yeast Infections<br/>         Breast Lumps<br/>         Menopause<br/>         Are you Pregnant? Y N</p> |
|---|--|--|---|

Women Only:

Last Menstrual Period: \_\_\_\_\_ Using Contraception: \_\_\_\_\_  
 Infertility concerns: \_\_\_\_\_  
 Suffer from PMS: \_\_\_\_\_ Have Severe Menstrual Cramps: \_\_\_\_\_  
 Hormonal Difficulty: \_\_\_\_\_ Peri/menopause symptoms: \_\_\_\_\_

Is there any more we should know? \_\_\_\_\_

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