

High Amplitude Health

Chiropractic, A.R.T., Myofascial Therapy, Exercise Therapy
1730 S Amphlett Blvd., Suite 206, San Mateo, CA 94402 | 650-735-1716 | www.highamplitudehealth.com

Patient File No: Today's Date:

WELCOME :) I would like to thank you for choosing my office. As a Doctor of Chiropractic and Injury Rehab Therapist, you are in good hands. If you have questions about Chiropractic care, Fascial Massage, other services I offer, or conditions I treat, please ask.

Standard Care: Back Pain, Neck Pain, Shoulder Pain, Headaches, Sciatica, Tingling & Numbness

Specialty Care: Rotator Cuff Injuries, Tennis Elbow, Hamstring Strains, Knee Pain, Foot & Leg Pain

Name: Birthdate: Age:
Address: City: State: Zip:
Cell #: Email:

Sex: ☐ M ☐ F Marital Status: ☐ S ☐ M ☐ D ☐ W

Have you been treated by a Chiropractor before? YES ☐ NO ☐

Employer: Occupation:

Emergency Contact: Relationship:

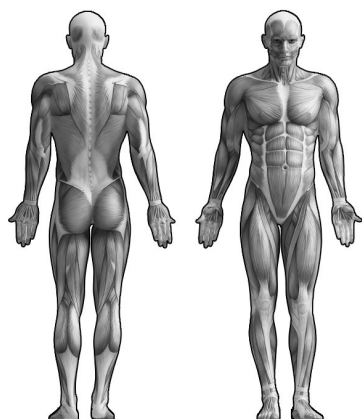
How did you find Dr. John Blenio?

☐ Referred by someone: Who referred you?
☐ Online Search: Google, Yelp, Other

Why are you here to see Dr. Blenio (Chief Physical Complaint)?

Pain Assessment

Circle the areas of pain or discomfort on the body diagram:



How severe is the pain/discomfort?

Select your pain level (0 = no pain, 10 = worst pain ever):

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Your Medical Doctor's Info (REQUIRED)

Name of Your Medical Doctor:

Medical Doctor Office Phone:

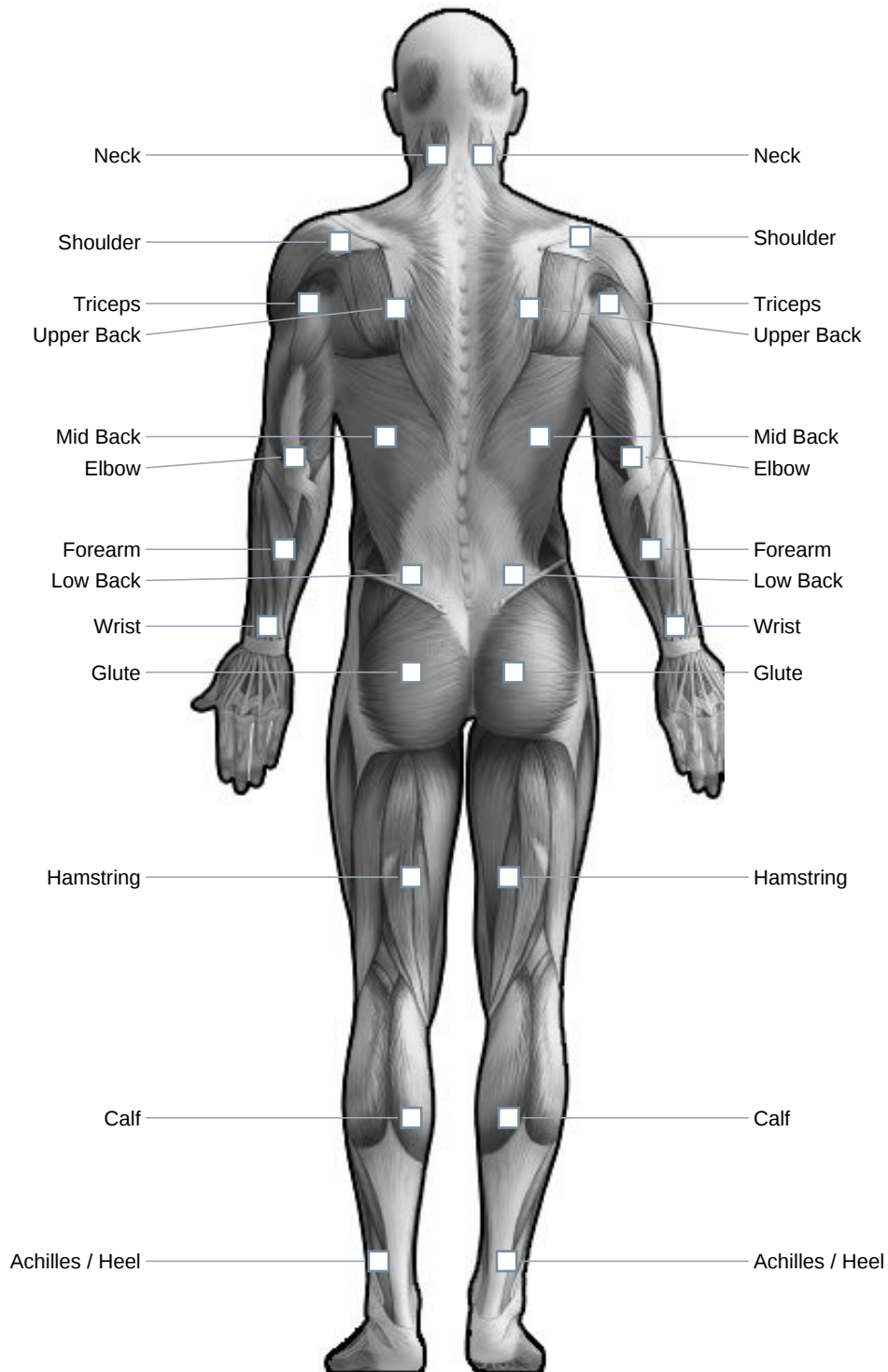
Completing this on a computer?
Describe the location(s) instead:

WHERE DOES IT HURT?

Please check the box next to every area where you are feeling pain, tightness, numbness, or discomfort. You may check as many boxes as apply. This diagram shows the back of the body.

PATIENT'S LEFT

PATIENT'S RIGHT



TERMS OF ACCEPTANCE

When a patient seeks chiropractic care at High Amplitude Health — John Blenio, Doctor of Chiropractic (D.C.) — and a patient accepts such care, it is essential for both to be working towards the same objective.

High Amplitude Health (Dr. John Blenio) has one goal: to restore your health as completely as possible. It is important that each patient understand both the objectives and the methods that will be used to attain that goal. This will prevent any confusion or disappointment.

Methods:

Chiropractic Adjusting A chiropractic adjustment is the specific application of force to the spine and/or extremities to facilitate the correction of joint dysfunction (subluxation). Dr. Blenio's chiropractic method of correction of joint dysfunction is by specific adjustment of the spine or extremities.

Active Release Therapy Active Release Therapy (A.R.T.) is a hands-on soft tissue injury management system used to treat soft tissue (muscle, tendon, ligament, fascia, nerve) injuries. Specific injuries that apply are repetitive strain, scar tissue formation (adhesion), tissue oxygen deprivation (hypoxia), and joint dysfunction.

Trigger Point Therapy Trigger points are “muscle knots” that are highly irritable areas of muscle that can be felt as nodules in tight musculature. Trigger points often refer pain along the muscle to muscles in other areas of the body.

PNF (Proprioceptive Neuromuscular Facilitation) PNF is a “contract/relax/stretch” therapy that reduces muscle tightness, lengthens muscles, and restores proper nerve and muscle function.

Objectives:

Joint Health The chiropractic adjustment improves the motion of joints within the body, reducing pain, increasing range of motion, and eliminating inflammation and tenderness.

Tissue Health Active Release Therapy, Myofascial Therapy, and Trigger Point Therapy improve the function of muscles by breaking up adhesions and scar tissue and dispersing inflammation and tenderness.

Neurological Health PNF improves flexibility and neurological coordination throughout the entire range of motion of the limbs.

High Amplitude Health diagnoses and conservatively treats conditions of the soft tissue (muscles, tendons, ligaments, nerves), spine, and extremities. If, during examination, Dr. John Blenio encounters non-chiropractic or unusual findings, you will be advised and recommended to seek the services of a health care provider who specializes in that area.

Dr. Blenio's ONLY PRACTICE OBJECTIVE is to improve function of the joints to restore proper joint function and improve neurological function, AND to improve function of the muscles, tendons, and ligaments. Dr. Blenio utilizes chiropractic adjusting and soft tissue therapy to achieve this objective.

I, , have read and fully understand the above statements.

All questions regarding Dr. Blenio's objectives pertaining to my care in this office have been answered to my complete satisfaction.

I have read and agree to the terms above.

Signature

Date