

## Spine History

Why are you seeing the doctor today? \_\_\_\_\_

How long has the pain/problem been present? \_\_\_\_\_

Has the pain/problem worsened recently?  No  Yes, how recently? \_\_\_\_\_

What started the pain/problem? \_\_\_\_\_

Quality of the pain:  Sharp  Burning  Dull  Aching

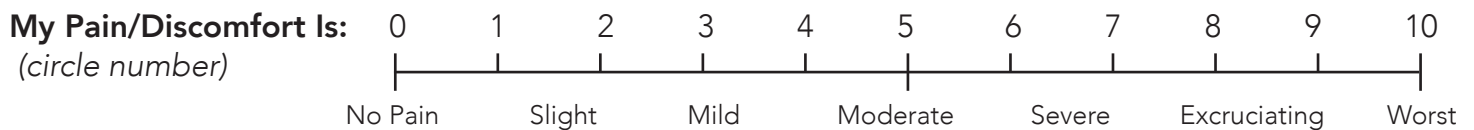
What makes the pain/problem better? \_\_\_\_\_

What makes the pain/problem worse? \_\_\_\_\_

Is the pain (check all that apply):  Continuous  Activity related  Night pain  Unpredictable

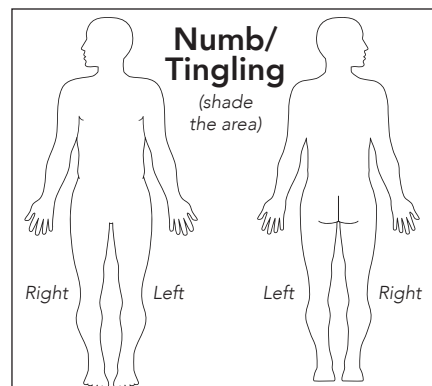
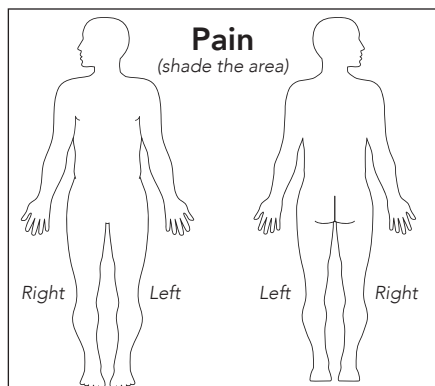
What other treatments have you tried? \_\_\_\_\_

- Physical Therapy/Exercise     TENS unit     Narcotic medications     Chiropractor  
 Steroid injections     Traction     Anti-Inflammatories     Braces  
 Other: \_\_\_\_\_



Generally speaking, are your symptoms getting better or worse? (check **one** box)

- Getting much better     Getting somewhat better     Staying about the same  
 Getting somewhat worse     Getting much worse



**For patients with neck or arm problems (do not complete if being seen for a back problem):**

1. What percent of your pain is neck pain and what percent is arm pain? (check appropriate box)  
 Neck 0%, Arm 100%                       Neck 25%, Arm 75%                       Neck 50%, Arm 50%  
 Neck 75%, Arm 25%                       Neck 100%, Arm 0%
2. What percent of your arm pain is on the right side and what percent is on the left side? (check appropriate box)  
 No arm pain                       Right 0%, Left 100%                       Right 25%, Left 75%  
 Right 50%, Left 50%                       Right 75%, Left 25%                       Right 100%, Left 0%
3. Raising the arm:     Improves the pain     Worsens the pain     Does not affect the pain
4. Moving the neck:  Improves the pain     Worsens the pain     Does not affect the pain
5. There ( is     is no) difficulty picking up small objects like coins or buttoning buttons.
6. There ( is     is no) problem with balance or tripping frequently.
7. There are: ( Frequent     Occasional     No) headaches in the back of the head.

**For patients with back or leg problems (do not complete if being seen for a neck problem):**

1. What percent of your pain is back pain and what percent is leg or buttock pain? (check appropriate box)  
 Back 0%, Leg 100%                       Back 25%, Leg 75%                       Back 50%, Leg 50%  
 Back 75%, Leg 25%                       Back 100%, Leg 0%
2. What percent of your leg pain is on the right side and what percent is on the left side? (check appropriate box)  
 No leg pain                       Right 0%, Left 100%                       Right 25%, Left 75%  
 Right 50%, Left 50%                       Right 75%, Left 25%                       Right 100%, Left 0%
3. The worst position for the pain is:  Sitting     Standing     Walking
4. How many minutes can you stand in one place without pain?  
 0 to 10     15 to 30     30 to 60     60+
5. How many minutes can you walk without pain?  
 0 to 10     15 to 30     30 to 60     60+
6. Lying down:  Eases the pain     Does not ease the pain     Sometimes eases the pain
7. Bending forward:  Increases the pain     Decreases the pain     Doesn't affect the pain