

History of Traumas

Name: _____

Date: _____

Most of our patients have experienced literally dozens of traumas and impacts that could cause **vertebral subluxations**. Let's discover 4 or 5 of yours now by answering the questions below.

1. When was your most recent auto accident? Speed of your vehicle and/or speed of other vehicle involved? What part of your car was smashed? Was treatment received? (Also, what kind of treatment?)

2. When was the most recent accident just before the one listed above? Remember a 5-mile per hour "fender bender" is equal in trauma to a 25 lb. Weight dropping on your spine from 1 story high. .
(Please answer by repeating the above question for this accident.)

3. When was the most recent accident before that?

We also find that simple slips. Strains, twists, or falls create long term vertebral subluxation. Therefore, when was your most recent slip, strain, twist, or fall at:

Work: _____

Home: _____

During sports: _____

During hobbies/recreation: _____

Other: _____

(Please use the back for any additional information & indicate with an arrow if you have done so.)