

History of Traumas

Name: _____ Date: _____

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

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?)

1. _____

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.)

2. _____

When was the most recent accident before that?

3. _____

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.)