

# 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?)

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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.)

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3. When was the most recent accident before that?

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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.)