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Primary Problem Form – Lumbar Spine

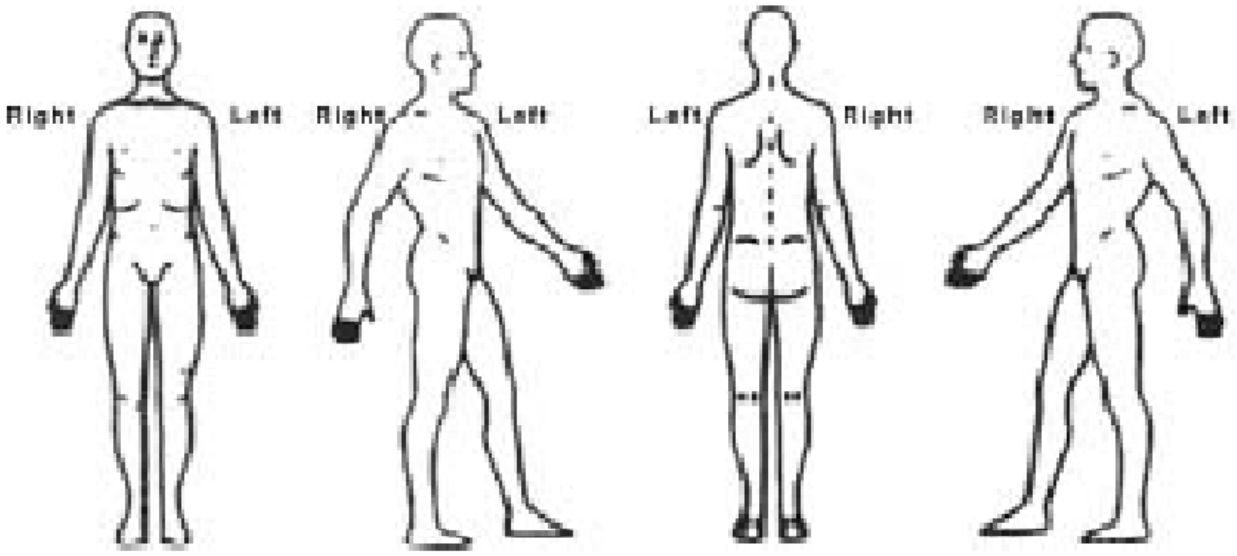
Briefly describe your symptoms

_____

_____

_____

If you have pain, or if pain was previously part of the problem, please indicate the location



Do you have **numbness** and/or **tingling**? ☐Yes ☐No
Do you have **weakness** or **loss of strength**? ☐ Yes ☐No

How long have you had these symptoms? _____
Did the symptoms start as a result of an accident or incident? ☐Yes ☐ No
If so, please describe _____

What makes you pain or other symptoms worse? (Please check all that apply)

☐Standing
☐Sitting
☐Walking
☐Lying down
☐Lifting
☐Time of day
☐Exercise
☐Work
☐Activity
☐Rest
☐Other _____

Please Complete Both Sides!

What other treatments have you tried for this problem? (Please check all that apply)

- ☐ Rest
- ☐ Ice/Heat
- ☐ Anti-inflammatory medications (e.g. aspirin, advil, ibuprofen, aleve, naproxen)
- ☐ Narcotic pain medications
- ☐ Muscle relaxants
- ☐ Physical Therapy
- ☐ Chiropractor
- ☐ Massage
- ☐ Acupuncture
- ☐ Injections
- ☐ Other_____

Have you missed work because of these symptoms? ☐ Yes ☐ No

Please refer to the pain scale below

What is the **current** level of your pain? _____

What has been the **maximum** level of your pain? _____

Subjective Pain Scale		
	0	No pain. Feeling perfectly normal.
Minor Able to adapt to pain	**1 Very Mild**	Very light barely noticeable pain
	2 Discomforting	Minor pain, like lightly pinching the fold of skin
	3 Tolerable	Very noticeable pain, like a doctor giving you an injection
Moderate Interferes with many activities.	**4 Distressing**	Strong, deep pain, like an average toothache
	5 Very Distressing	Strong, deep, piercing pain, such as a sprained ankle
	6 Intense	Strong, deep, piercing pain like several bee stings
Severe Patient is disabled and unable to function independently.	**7 Very Intense**	Comparable to an average migraine headache
	8 Utterly Horrible	Comparable to childbirth or a real bad migraine headache
	9 Excruciating Unbearable	Pain so intense you cannot tolerate it and demand pain killers
	10 Unimaginable Unspeakable	Pain so intense you will go unconscious shortly.

Please Complete Both Sides!

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