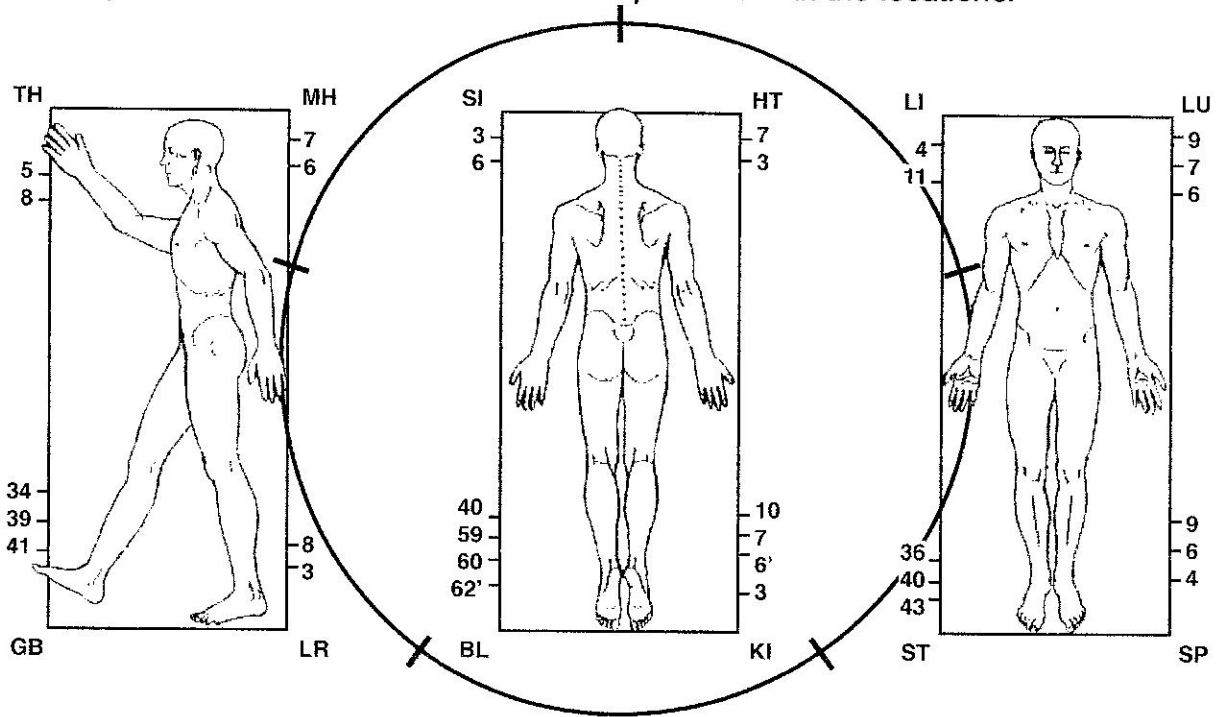


# Acupuncture Questionnaire

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. On the anatomical figures below, mark the area or areas where you have pain or other problems. Please be as accurate as possible with the locations.



<b>Pain Assessment - Side</b>
Location: Left / Right / Both
Onset:
Made better with:
Made worse with:
Associated symptoms:
Quality: <input type="checkbox"/> constant <input type="checkbox"/> intermittent <input type="checkbox"/> sharp <input type="checkbox"/> dull <input type="checkbox"/> pressure <input type="checkbox"/> burning
Severity: 1 2 3 4 5 6 7 8 9 10

<b>Pain Assessment - Back</b>
Location:
Onset:
Made better with:
Made worse with:
Associated symptoms:
Quality: <input type="checkbox"/> constant <input type="checkbox"/> intermittent <input type="checkbox"/> sharp <input type="checkbox"/> dull <input type="checkbox"/> pressure <input type="checkbox"/> burning
Severity: 1 2 3 4 5 6 7 8 9 10

<b>Pain Assessment - Front</b>
Location:
Onset:
Made better with:
Made worse with:
Associated symptoms:
Quality: <input type="checkbox"/> constant <input type="checkbox"/> intermittent <input type="checkbox"/> sharp <input type="checkbox"/> dull <input type="checkbox"/> pressure <input type="checkbox"/> burning
Severity: 1 2 3 4 5 6 7 8 9 10

2. List in order of importance the problems you would like the doctor to treat with #1 being the most important.

1.
2.
3.
4.
5.

3. Please check any statements that apply to you at least 80% of the time. Be nonjudgmental and don't think about the answers too much. Leave blank any boxes that do not apply to you or that you are unsure of. There are no correct answers. Your honesty will result in a better treatment.

Shao Yin Fire	I can be characterized as creative, passionate, dramatic, and impulsive.
	I frequently exude heat and often feel flushed and sweaty.
	I tend towards sexual hyperactivity.
	I have experienced chest pains or palpitations.
	I tend to be talkative or noisy. I am the life of the party.
Tai Yang Fire	I can be characterized as authoritative, imposing, and impatient.
	I am competitive. I like to win.
	I have neck or lower back pain.
	I have insomnia.
	I occasionally have headaches.

Tai Yang Water	I can be characterized as intelligent and hyperanalytical, but often indecisive.
	I have a history of recurrent urinary tract infections, urethritis, and kidney problems.
	I tend to have poor stamina and tired easily.
	I have diffuse low back pain.
	I sometimes have digestive problems.
Shao Yin Water	I can be characterized as private, cautious, and secretive.
	I have problems with motivation, self-discipline, and making decisions.
	I tend to have recurrent sore throats, tonsillitis, kidney infections, or kidney stones.
	I tend to be chilly with cold hands. I dislike cold.
	I experience lower back pain, knee pain, and achy joints when I am tired.

Jue Yin Fire	I can be characterized as irritable, anxious, and emotionally volatile at times.
	I tend to harbor grudges and have explosive anger.
	I get tension headaches or stress-related headaches.
	I get muscle cramps and often have insomnia.
	I am sensitive to many foods. I get stomach cramps and diarrhea or slow digestion.
Shao Yang Fire	I can be characterized as clear thinking and decisive.
	When I get agitated, I can't sleep.
	I tend to grind my teeth and have tight jaws.
	I have muscle aches and cramps.
	I need to exercise, move, and stretch or I don't feel right.

Shao Yang Wood	I can be indecisive. I wish I were more self-confident.
	I am sensitive to ridicule or criticism.
	I have neck pain and shoulder tension. This can cause headaches.
	I tend to have lateral or side hip pain.
	I have digestive problems due to my gall bladder.
Jue Yin Wood	I can be characterized as timid or introverted.
	I am sensitive to caffeine, and I need it as a pick-me-up.
	I get migraine headaches and tension headaches.
	My palms tend to be sweaty requiring a handkerchief.
	I have sensitive eyes. I'm near-sighted.

Tai Yin Earth	I can be characterized as round and fleshy with full lips, calm, and peaceful.
	I often have abdominal bloating and diarrhea.
	I have had anemia and menstrual or fertility problems.
	I have varicose veins or cold feet.
	I take care of others, even at my own expense.
Yang Ming Earth	I enjoy life, food, and drink. I am a pleasure seeker.
	I have been diagnosed with heartburn, gastroesophageal reflux disease (GERD), or peptic ulcer disease (PUD).
	I sometimes overindulge in food and drink. I gain weight easily.
	I develop digestive problems during times of stress or anxiety.
	My mood can swing from pleasant to angry and irritable.

Yang Ming Metal	I have recurrent sinus infections, colds, or respiratory infections.
	I have poor digestion and experience stomachaches. I focus on my bowel habits.
	I tend to be thin.
	I have a strong belief in honor, duty, responsibility, and respect for the law.
	I tend to feel tired and a little sad. I get depressed easily.
Tai Yin Metal	I have a history of respiratory problems such as bronchitis, pneumonia, asthma, or COPD with cough and phlegm.
	I have constipation alternating with diarrhea or have been diagnosed with Irritable Bowel Syndrome (IBS).
	I have skin problems and allergies.
	I am organized and methodical.
	I am honest and obey the rules.

I have tried these treatments:

- Chiropractic       Massage       Psychotherapy  
 Injections       Physical therapy       Other \_\_\_\_\_

Additional information that will be important for the doctor to know:

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