



Dr. med.

Julia Kleinhenz

Acupuncture ♦ Naturopathy ♦ Chiropractics

Name: _____ Date: _____

The following questions provide information which is helpful for Chinese medicinal diagnosis.

Main complaints and/or pain:

Pain quality: pulsating and traveling? Piercing and localized? Feeling of heaviness? Colic-like sporadic attacks? Pulling, spasmodic, short? Dull? Superficial? Cold? Burning?

Temperature sensitivity: Are you often too warm or too cold? Do you suffer from cold hands and/or feet, hot flashes?

Sweating: Do you sweat quickly, at night, only certain body parts, never or, sporadically?

Thirst: Are you often thirsty? Do you drink only because necessary? How much do you drink? What do you drink? Hot or cold?

Mouth: Do you sometimes have a certain taste in your mouth? Bitter, sour, musty?

Urine: How often and any problems, do you go at night?

Do you have a tendency towards bladder infections? Do you sometimes have discharge?

Bowel movements: is your stool hard, soft, shaped, pulpy, watery, bright, dark, a lot, little, every day, several times a day, rare, resembling goat feces?

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Sleep: Do you sleep well, fall asleep easily, sleep solidly, have many dreams? How many hours of sleep per day?

Menstruation: is your period regular, painful, cramps, strong, irregular, with chilliness which improves with hot water bottle? Do you have children, pregnancies?

Medicines (vitamins, minerals, algae, teas, which you are taking)?

Other (for example other diseases, operations):

Do you smoke? How often?

Do you drink alcoholic beverages regularly? What and how much?

Appetite: Do you like to eat, have cravings, no appetite at all, are hungry but no appetite, prefer to eat salty, sweet, sour, bitter, spicy?

Please specify what you eat and drink:

Morning

Lunch

Afternoon

Evening

Between meals

During the week I eat _____ hot meals



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Information about Manual Therapy (Osteopathy and Chiropractic)

Manual therapeutic techniques have been employed for thousands of years to treat disorders of the musculoskeletal system. Chiropractic treatment "adjusts" blocked vertebrae and joints. Osteopathy is a more detailed treatment, involving internal organ movement and the function of muscles, tendons, and fascia (inner tissues). Blocked joints are also treated in osteopathy by gentle methods and usually without "cracking".

Muscle soreness can occur on the day following treatment. This is not unusual and no cause for concern. In this case you should drink large amounts of boiled tap water. If the complaints persist, please contact us.

In rare cases, a previously damaged intervertebral disc can be aggravated by treatment, which could just as easily have occurred through sneezing, coughing or a false movement.

Manipulation of the cervical spine ("back cracking") can in very rare cases result in vascular injuries and disrupt the blood supply to the brain. Because of this we only carry out the most gentle spinal osteopathic techniques to further reduce the already small risk (approx. 1: 400,000).

I have been informed today of the above mentioned therapies and all my questions have been answered. I declare myself in agreement to proceed with the therapy.

Walluf, _____(Date)

_____(Signature)



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First Name _____
Last Name _____
Street _____
Zip Code/Town _____
Date of Birth _____
Telephone/Mobile _____
E-mail _____

Data Privacy Protection Declaration of Consent:

I give my consent to having my personal and medical data electronically stored by the treating physician. Employees within the physician's practice will have access to this data and are bound to confidentiality.

I agree

I disagree

I give my consent allowing Dr. Kleinhenz and her staff to exchange information with other treating physicians, therapists, hospitals and further assisting professions, when medically necessary.

I agree

I disagree

I would like to be reminded by the practice of early detection screenings, immunizations and check-ups.

By phone

By email

By letter

Not at all

Date

Signature