

**Personal**

Today's Date: \_\_\_\_\_

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

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Zip code \_\_\_\_\_ Apt # \_\_\_\_\_

Phone: Home: \_\_\_\_\_

Work: \_\_\_\_\_ Ext. \_\_\_\_\_

Cell: \_\_\_\_\_

E-Mail address: \_\_\_\_\_

Who referred you? \_\_\_\_\_

Employer: \_\_\_\_\_

Primary Care Physician: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Pharmacy: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Preferred Language: \_\_\_\_\_

Race: \_\_\_\_\_

Ethnicity: Choose one:

\_\_\_ Hispanic or Latino \_\_\_ Not Hispanic or Latino

\_\_\_ Prefer not to say

**Insurance**

Name of insured: \_\_\_\_\_

Relationship to insured: \_\_\_\_\_

Insured's Date of Birth: \_\_\_\_\_

Insurance Company: \_\_\_\_\_

Insurance Co. Address: \_\_\_\_\_

Insurance Co. Phone: \_\_\_\_\_

Policy #: \_\_\_\_\_

Group #: \_\_\_\_\_

**Medical History**

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

**List all Medications & Doses:**

\_\_\_\_\_

\_\_\_\_\_

**List any allergies that you have to medications, including latex, adhesives, intravenous dyes:**

\_\_\_\_\_

\_\_\_\_\_

**List ALL medical problems:**

\_\_\_\_\_

\_\_\_\_\_

**List prior surgeries and approximate dates:**

\_\_\_\_\_

\_\_\_\_\_

**Pregnant or possibly pregnant? \_\_\_no \_\_\_yes**

**Social History**

**What type of work do you do?**

\_\_\_\_\_

**Is your job sedentary?** \_\_\_\_\_

**How do you commute?** \_\_\_\_\_

**Cigarette Smoking?**

\_\_\_yes How much? \_\_\_\_\_ How long? \_\_\_\_\_

\_\_\_no, never smoked

\_\_\_quit When? \_\_\_\_\_

**Do you drink alcohol?** \_\_\_\_\_

**Exercise:**

**What type of exercise do you participate in on a regular basis?** \_\_\_\_\_

\_\_\_\_\_

**How many times a week do you exercise?**

\_\_\_\_\_

NAME: \_\_\_\_\_

**Shoes**

Shoe size: \_\_\_\_\_

What type of shoe do you commute in? \_\_\_\_\_

What type of shoes do you wear at work? \_\_\_\_\_

What brand and model sneaker do you exercise in? \_\_\_\_\_

What do you wear on your feet while at home? \_\_\_\_\_

**Chief Complaint**

What is the chief complaint that brings you to our office for medical treatment? \_\_\_\_\_

Which side? \_\_\_\_\_

When did the problem begin? \_\_\_\_\_

Was the onset gradual or acute? \_\_\_\_\_

Describe your symptoms (i.e.: sharp, dull, burning, shooting, throbbing, piercing, sore, etc.) \_\_\_\_\_

How frequently do you have symptoms? \_\_\_\_\_

When symptoms occur, how long do they last? \_\_\_\_\_

Have symptoms changed since you first noticed them? \_\_\_unchanged \_\_\_worsening \_\_\_improving

What treatments have you tried? \_\_\_\_\_

Have you ever had a similar problem? When? \_\_\_\_\_

List any other information that you think may be helpful or important: \_\_\_\_\_

**Runners only answer the following group of questions:**

When did you start running? \_\_\_\_\_

Where do you run (be specific)? \_\_\_\_\_

What is your weekly mileage? \_\_\_\_\_

Are you preparing for a particular event? \_\_\_\_\_

What brand and model shoes do you run in? \_\_\_\_\_

When does your current condition hurt? (Check all that apply):

\_\_\_\_\_ **During the run**

From the start? \_\_\_\_\_

\_\_\_\_\_ **After the run**

How long does it last? \_\_\_\_\_

\_\_\_\_\_ **All the time**

**Have you had any other running related injuries?**

**Do you wear custom made foot orthotics?**

\_\_\_\_\_yes \_\_\_\_\_no

**Do you use over the counter shoe inserts?** \_\_\_\_\_

