

PLEASE INDICATE PROBLEM AREAS BY CHECKING THE APPROPRIATE BOXES

HEAD

- HEADACHES
- DIZZINESS
- SINUS
- OTHER

EYES

- GLASSES
- PAIN
- INFLAMMATION
- OTHER

EARS

- HEARING TROUBLE
- RINGING
- PAIN
- OTHER

NOSE

- HAY FEVER
- COLDS
- OBSTRUCTION
- OTHER

NECK

- STIFFNESS
- GRATING
- PAIN
- TENSION
- OTHER

SHOULDERS R L

- STIFFNESS — —
- BURSITIS — —
- PAIN — —
- TENSION — —
- OTHER — —

ARMS

- UPPER — —
- ELBOWS — —
- WRISTS — —
- HANDS — —
- OTHER — —

R L

LEGS

- HIPS — —
- THIGHS — —
- KNEES — —
- CALVES — —
- ANKLES — —

LOW BACK

- PAIN
- STIFFNESS
- PAIN DOWN LEG
- NUMBNESS
- TINGLING
- OTHER

MID – BACK

- PAIN
- STIFFNESS
- RIB PAIN
- TENSION
- OTHER

HEART

- PAIN
- SPASM
- PALPITATION
- ATTACK
- OTHER

LUNGS

- TUBERCULOSIS
- PAIN AROUND CHEST
- INTERCOSTAL NEURITIS
- OTHER

ABDOMEN

- STOMACH
- LIVER
- GALL BLADDER
- KIDNEYS

- INTESTINES
- DIGESTION
- GAS
- CONSTIPATION

- DIARRHEA
- HAEMORRHOIDS
- TENDERNESS
- BLOATING

- MENSTRUAL PAIN
- MENSTRUAL CRAMPS
- MENSTRUAL IRREGULARITY

DO YOU HAVE

- INNER TENSION
- NERVOUSNESS
- INSOMNIA
- FAINTING

- WEAKNESS
- ANAEMIA
- DIABETES
- CANCER

- RHEUMATISM
- ARTHRITIS
- GOITER
- NUMBNESS

- SUDDEN WEIGHT LOSS
- STD'S
- HIV / AIDS

PAIN INDEX

CIRCLE PAINFUL AREAS ON DIAGRAM, MARK AS FOLLOWS:

- B** BURNING
- S** STABBING
- A** ACHE
- N** NUMBNESS

