

**Please circle or highlight all your prior or current conditions**

***“Focal”*** means 1-2 areas

“Diffuse” means  $\geq 3$  areas

## Focal joint pain

## Focal muscle tenderness

Difficulty getting  
out of a chair or  
washing your hair

- Gout
- Skin rash/Psoriasis
- Morning stiffness >1 hour
- Hand/feet deformities
- Diffuse joint swelling
- Dry mouth

Tremors  
Vision changes  
Poor balance  
Recurrent falls

## Difficulty walking

Focal weakness  
of hands or feet

Vertigo/Dizziness  
Numbness/Tingling  
Head injury/concussion  
Headaches

- Jaw pain
- Neck pain
- Back pain
- Pelvic pain
- Hypermobile joints

Diffuse muscle pain  
Diffuse joint pain

## Family history of Rheum conditions

## Clumsy hands

# Burning feet

- Poor sleep
- Sensitivity to light/sound
- Restless leg syndrome
- Poor memory

## Fatigue

## Fever

Metal/chemical  
exposure

- GERD
- Irritable bowel syndrome
- Diffuse body aches
- Night pain
- Chest pain
- Palpitations

- Smoking
- History of cancer
- Diabetes
- Diffuse swollen glands
- Bad infections (HIV, TB, Lyme)
- Recent weight gain or loss
- Gluten intolerance
- Liver disease/Hepatitis
- Hyperparathyroidism
- Hyper/Hypothyroid
- Low vitamin D

Medications Use:

Anxiety  
Depression  
PTSD/Trauma  
History of abuse

Statins  
Steroids  
Opioids  
Bisphosphonates  
Chemotherapy

High/low calcium  
or potassium