

Circle or Highlight all the conditions your have ever had. Bring this paper to your next visit.

Focal = 1-2; Diffuse = 3+ areas

		Focal muscle tenderness		
	Difficulty walking		Focal joint pain	Gout
			Weak w/ sit to stand	Skin rash/Psoriasis
Tremors				Morning stiffness >1 hour
Vision changes	Poor sleep			Hand/feet deformities
Recurrent falls	Vertigo/Dizziness		Diffuse muscle pain	Diffuse joint swelling
	Numbness/Tingling		Diffuse joint pain	Dry mouth
Focal weakness of hands or feet	TBI/Concussion	Jaw pain		Family history rheum condition
	Headaches	Neck pain		
		Back pain		
Metal/chemical exposure		Pelvic pain		
		Hypermobile joints		
			Fatigue	Fever
	Sensitive to light/sound			
	Poor memory			
	Restless leg			
				Smoking
			GERD	History of cancer
			Irritable bowel syndrome	Diffuse swollen glands
			Diffuse body aches	Bad infections (HIV, TB, Lyme)
	Anxiety		Night pain	Weight gain or loss
	Depression		Chest pain	Gluten intolerance
	PTSD		Palpitations	Liver disease/Hepatitis
	History of abuse			Hyperparathyroidism
Medication Use:				Hyper/Hypothyroid
Statins				Low Vit D
Opioids				
Bisphosphonates			High/Low Calcium or potassium	
Chemotherapy				