



DO I NEED MY SPINE CHECKED?

Please check **Yes** or **No** for each of the following questions.

- Yes No 1. Spinal misalignments can make you feel the need to twist, stretch or crack your neck or back. I feel the need to crack or pop my neck, mid back, or low back.
- Yes No 2. I have numbness or pain in my arms or legs often.
- Yes No 3. I take over the counter or prescribed pain medicine for back pain, headaches, or neck pain.
- Yes No 4. It's difficult to turn my head when driving.
- Yes No 5. I have a hard time bending at the waist due to stiffness and pain.
- Yes No 6. I have been told that I have a spinal curvature, scoliosis, spinal arthritis, or inherited spinal problems.
- Yes No 7. Research shows that the spine should be checked regularly. Have you ever visited a chiropractor in your lifetime?
8. I suffer from problems with the following:
Please check as many as apply:
- | | | |
|--------------------------------------|-------------------------------------|---------------------------------------|
| <input type="radio"/> Neck Pain | <input type="radio"/> Back Pain | <input type="radio"/> Extremity Pain |
| <input type="radio"/> Radiating Pain | <input type="radio"/> Headaches | <input type="radio"/> Sciatica |
| <input type="radio"/> Tingling | <input type="radio"/> Numbness | <input type="radio"/> Sports injuries |
| <input type="radio"/> Mid back pain | <input type="radio"/> Carpal Tunnel | |

**If you answered YES to any of the above questions,
- OR -**

**If you checked one of the above symptoms you may have spinal misalignments
and should have your spine checked by a doctor of chiropractic.**

Gentle Chiropractic Care

Dr. Eric B. Lambert, DC - Chiropractic Physician