

eWellness Questionnaire

Helping you one question at a time!

SCIATICA / DISC HERNIATION

Name: First Name MI Last Name	Date of Birth:
	Patient Code:

Please do not select anything if the answer is no or negative.
Select Rarely 'R' if this is an uncommon event or symptom.
Select Frequent 'F' if this is a common event or symptom.
Select Always 'A' if this is a persistent event or symptom. Also select 'A' for Yes

At first glance there may seem to be a lot of questions. But each of these questions were selected because of their direct or indirect relation to the symptoms mentioned.

Section 1

1. R F A Consume breads / pastas / starches

Section 2

2. R F A Alcohol use extensively

3. R F A Smoke or use tobacco

4. R F A Eat fast food

5. R F A Eat pre processed / packaged foods

6. R F A Consume refined carbs

7. R F A Consume wheat or gluten

8. R F A Very little exercise

Section 3

9. R F A Double vision or blurred vision

Section 4

10. R F A Difficulty breathing deeply

11. R F A Shortness of breath

12. R F A Pain when taking a breath

Section 5

13. R F A Difficulty going to sleeping

14. R F A Difficulty staying asleep

15. R F A Overweight

16. R F A Too much stress / tension

17. R F A Fatigued or tired

18. R F A Diabetic medications

19. R F A Thyroid medication

Section 6

20. R F A Erectile dysfunction

21. R F A Sexually transmitted diseases

22. R F A Pain with sex

23. R F A Hormone replacement

Section 7

24. R F A Chest pain / angina / tightness

25. R F A Slow or fast heart beats at rest

Section 8

26. R F A Poor circulation in your feet

27. R F A Restless leg syndrome

Section 9

28. R F A Indigestion or bloating

29. R F A Abdominal cramps or pain

30. R F A Irritable bowel syndrome

31. R F A Inflamed intestine - "Leaky gut"

32. R F A Constipation

Section 10

33. R F A Bed wetting

34. R F A Urinary hesitancy

Section 11

35. R F A Headaches or migraines

36. R F A Stiffness or muscle spasms

37. R F A Bone pains

38. R F A Difficulty exercising

39. R F A Back pain or neck pain

40. R F A Joint pain

41. R F A Arthritis

42. R F A Osteoporosis

43. R F A Muscle relaxors

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Section 12

44. R F A Pain medications
45. R F A Multiple sclerosis

46. R F A Numbness or tingling
47. R F A Poor coordination

Section 13

48. R F A Anxiety / anxiousness

49. R F A Problems relaxing

Section 14

50. R F A Allergies