

# Resilient Strength

## Introduction Interview

Location of the pain, injury or unpleasant experience:

- Primary: \_\_\_\_\_
- Secondary: \_\_\_\_\_
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

How long has this experience lasted?

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Does anything elicit or exacerbate the pain?

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What activity, that you enjoy, does the pain separate you from? Or interfere during?

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Think about past experiences with physical therapists, with chiropractors, personal trainers, massage therapists and anyone else who might work with pain and rehab. Think about past experiences with pain and disability. Think about things you've heard about pain and pain-based therapies.

From the standpoint of your experience and your knowledge regarding pain-based therapies explain to me your expectations for this care.

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What does success look like for you? For example, let's pretend that you and I spent the last month working together. Everything went great, it was a home run on every level. Success on every level. What does that look like? Paint me a word picture. What are you doing? What are you feeling? What are your thoughts? What effect does this take on your day-to-day life?

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Do you have any medical conditions, history or symptoms that I should know about?

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Do you have (or have you been previously diagnosed with) any of the following conditions?

- Alcohol or Drug Abuse
- Anemia

- Anxiety
- Arthritis (Rheumatoid)

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- Arthritis (Psoriatic)
- Cancer/Pre-cancerous conditions
- Cardiovascular Disease
- Chicken Pox
- Chronic Regional Pain Syndrome
- Chronic Obstructive Pulmonary Disease
- Concussion
- Coronary Artery Disease
- Depression
- Diabetes (Insulin-Dependent or Type I)
- Diabetes (Non-insulin Dependent or Type II)
- Diabetes (Gestational, childhood onset or any other onset)
- Emphysema (COPD)
- Endometriosis
- Eczema
- Fibromyalgia
- Fractures
- Gastroesophageal Reflux (Heartburn)
- Gastrointestinal Bleeding/ulcers
- Heart Attack
- Heart Failure
- Hepatitis (any Type)
- High Blood Pressure
- High Cholesterol
- Irritable Bowel Syndrome
- Kidney Disease
- Kidney Stones
- Liver Disease
- Migraines
- Multiple Sclerosis
- Neuropathy
- Osteoporosis
- Pacemaker
- Paralysis
- Polycystic Ovarian Syndrome
- Pneumonia
- Prostate dysfunction including Benign Hypertrophy
- Reflex Sympathetic Dystrophy
- Seizure disorders of any kind
- Sleep Apnea
- Stroke
- Surgery
- Thyroid dysfunction (hypo, hyper or any else)
- Trauma
- Uterine Fibroids
- Other