

## Nervous System Review

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Please **circle** any symptoms you now have or have had previously. Also indicate if it is occasional (**o**), frequent (**f**) or constant (**c**) on the line below.

### **A problem with the nerves coming from the neck can cause these symptoms:**

Headaches, migraines, colds, dizziness, vertigo, ringing in ear, ear ache, fullness in the ears, nausea

\_\_\_\_\_  
Sinus trouble, allergies, sneezing, eye pain

\_\_\_\_\_  
TMJ (jaw pain), facial pain, phantom tooth pain, teething, grinding teeth (bruxism)

\_\_\_\_\_  
Laryngitis, sore throat

\_\_\_\_\_  
Stiff neck, neck pain, tonsillitis, shoulder pain

\_\_\_\_\_  
Stiff joints in the morning, changes in metabolism

### **A problem with the nerves coming from the mid-back can cause these symptoms:**

Tennis elbow, carpal tunnel, tingling in hands/fingers, stiffness/pain between shoulders

\_\_\_\_\_  
Irregular heart beats (heart skips beats, flutters, races), breathing problems, congestion, shortness of breath, asthma

\_\_\_\_\_  
Indigestion, heartburn, bloating, gas

\_\_\_\_\_  
Low energy, energy swings, poor resistance to illness, difficulty sleeping or waking up

\_\_\_\_\_  
Chronic urinary tract infections, skin conditions (rashes, dry skin, acne), kidney problems / stones

### **A problem with the nerves coming from the low back can cause these symptoms:**

Constipation, diarrhea, abdominal cramps, pain with coughing sneezing or bowel movements

\_\_\_\_\_  
Irregular/painful cycles, impotence, bladder / urination problems, bed wetting

\_\_\_\_\_  
Lower back pain, sciatic pain, foot drop, cold feet, cramps in feet or calves, tingling/numbness in legs or feet

\_\_\_\_\_  
Hip pain, hemorrhoids, pain with sitting, painful tailbone, numbness in the saddle or groin

### **Do you currently have or have had a history of any of the following?**

Cancer \_\_\_\_\_

Heart Disease \_\_\_\_\_

High Blood Pressure \_\_\_\_\_

Diabetes \_\_\_\_\_

Stroke \_\_\_\_\_

Multiple Sclerosis \_\_\_\_\_

Fibromyalgia \_\_\_\_\_

Chronic Fatigue Syndrome \_\_\_\_\_

Arthritis \_\_\_\_\_