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NETWORK SPINAL ANALYSIS LEVEL 1: BASIC CARE QUESTIONNAIRE

Name _____ Date _____

Answer all questions in reference to when you first began care in this office, or to your last Re-evaluation, if applicable.

- 1) I am (more, same, less) aware of my spine. This awareness is especially noticeable (at work, at rest, standing, sitting, walking, moving).
- 2) This awareness (is, is not) a result of greater discomfort or pain.
- 3) (If the answer to #2 is yes) I am (aware, not aware) of what positions or movements of the spine bring about this awareness. They are: _____
- 4) I am (aware, not aware) of spinal tension and restricted movement independent of pain during my day.
- 5) I am (aware, not aware) of an increase in pleasant sensations in my spine. These are: _____

- 6) I am (aware, not aware) of changes in the way I carry my body. They are: _____

- 7) I am (more, same, less) aware of my breathing when I am adjusted.
- 8) I am (more, same, less) aware of my breathing in between adjusting sessions.
- 9) In general, my breathing is (deeper, same, more shallow) and (easier, same, more difficult).
- 10) In general, movement is (easier, same, more difficult).
- 11) In general, I (feel, do not feel) greater ease standing straighter.
- 12) In general, I (feel, do not feel) my spine or areas of my spine to be more at peace.
- 13) I am (more aware, same, less aware) of where I hold tension in my body or spine.
- 14) I am (more aware, same, less aware) of when my body holds tension.
- 15) I am (more aware, same, less aware) of what releases tension from my body.

- 16) My body is becoming (more effective, same, less effective) at releasing its tension.
- 17) I (have, have not) experienced spontaneous movements of a part of my spine when another region was adjusted.
- 18) I (have, have not) experienced my body trying to unwind its tension while being adjusted.
- 19) I (have, have not) experienced a deeper awareness of knowing exactly what my body wants me to do. This has come in the area of (rest, exercise, sleep, movement).
- 20) I (have, have not) been more able to listen to my body's needs.
- 21) I have experienced the following additional marked mental, emotional, chemical, and physical

stresses during this period, in addition to those I listed on the last questionnaire I filled out:

- 22) I have had the following major relationship, job, residence, or other life changes during this period:

- 23) I (have, have not) changed my dietary habits. Explain: _____

- 24) I (have, have not) begun or modified an exercise program. Explain: _____

- 25) I (have, have not) participated in classes or programs to enhance my healing capacity. Explain:

- 26) Use this space to write about anything else you would like to discuss with your chiropractor about your spinal progress at this point in care. _____

- 27) Do you wish to continue care at this time? _____