

Brain CARE

Concussion ♦ Assessment ♦ Recovery ♦ Education

BACKGROUND INFORMATION FOR:

Date of Birth:

Current Date:

Please detail your current medical situation (a timeline is always helpful). If it involves a head injury or concussion, be sure to include as much detail as possible about the incident itself, if you had a loss of consciousness, if you were hospitalized, etc.

Before this current incident, please describe (as above) any other head injuries that may have occurred in your lifetime.

Did you play any contact sports as a kid, in high school, in college or beyond? If so, please describe the sport, your level of involvement, and if there may have been any possible head injuries that haven't already been described above.

Military Veterans: Which branch; entry date; significant training (Airborne, BUDS/SEAL, SF-Q deployments to active warzones in what capacity; any injuries not covered above; ETS/LOS Retirement/Medically Retired? Disability rating (DoD or VA)?

What is your current vocation, work or school situation, and anything you want me to know about your situation such as stress levels, ability to function or not function at work, etc.?

Please list all past medical and surgical history.

List current medications and nutritional supplements and dosages.

What therapies or modalities (examples – HBOT, chiropractic, etc.) have you tried and what they did or did not do for you or why you stopped.

What medications and supplements have you tried and stopped. Describe what they did or did not do for you and why you stopped.

Any other information you believe I should know that will help me be a better partner with you in your healthcare and recovery.

What are the TOP THREE things that bother you most (examples: cognition, brainfog, energy levels, sleep issues, libido, mood, etc.)?

- 1.**
- 2.**
- 3.**

If 100% is the best you have ever felt or how you believe you should feel, what percent of that 100% are you feeling now? % out of 100%

Most importantly, what are your goals? What does success look like for you? What do you hope to get out of our doctor-patient relationship?