

REVIEW OF SYSTEMS FORM FOR PERSONAL USE

Name	DOB	SSN
Area of Concern	List problems and date of onset and resolution if applicable.	
HEAD	Lesions, pain, injury	
EYES	Vision changes, blurry, double vision, tics, dryness, pain, nystagmus (eye movement), bulging of eye, jaundice, burst blood vessels, floaters, loss of eyebrows or eyelashes	
EARS	Hearing loss, noises, aches, clogging, excessive wax, drainage, lesions, infections	
NOSE	Drainage, stuffiness, sinus pain, dryness, swelling, lesions, injury, bleeding, odor, loss of smell, increased sense of smell	
MOUTH	Dryness, cracking, oral or perioral lesions, ulcers, swelling, tingling, numbness, difficulty talking, tongue swelling or cracking, tongue coating, dental issues	
JAW	Tension, cramping, locking, pain, spasms, teeth grinding	
THROAT	Pain, spasms, infection, difficulty swallowing, swollen tonsils, swollen glands, enlarged thyroid, goiter	
HAIR & SCALP	Dryness, brittleness, breaking, excessive shedding, excessive oil, won't hold curl, scalp lesions, itching, pain, scalp twitches, sensation of crawling	
NECK	Stiffness, aches, shooting pain, constant pain, spasm, limited range of motion up and down, side to side, or on rotation, "catching or locking" when turning, injury, swelling	
SKIN	Dryness, itching, rash, lesions, injury, cracking, peeling, discoloration, loss of pigmentation, easy bruising, non-injury related bruises, enlarged capillaries, scarring, hair loss, excessive hair growth, injury, thinning, thickening, scarring, sensation of crawling, numbness, flushing, fingernail weakness, splitting, ridges, discoloration, toenail discoloration, nail loss, nail thickening.	
CARDIOVASCULAR	Fast pulse (tachycardia) or slow pulse (bradycardia), high or low blood pressure, chest pain, chest pressure, abnormal heart rhythm, palpitations, feet swelling, heart murmur, mitral valve prolapse, heart attacks, stents, pacemaker	

REVIEW OF SYSTEMS FORM FOR PERSONAL USE-Page 2

Name	DOB	SSN
RESPIRATORY	Coughing, wheezing, “catching”, pain, cough, sputum, gasping for breath, shallow breathing, fast breathing, hyperventilation, chest congestion, chest pressure, easily winded, feeling faint when rising from sitting or standing (orthostatic hypotension)	
GASTROINTESTINAL	Constipation, diarrhea, stool formation (hard pellets, pellet clusters, smooth tubes, loose tubes, liquid), stool color (brown, green, white, black, yellow, bright red), frequency of bowel movements, blood mixed with stool, bright red dripped blood with BM, gas, bloating, rumbling, abdominal pain, cramping, upper left quadrant pain (splenic flexure area), anorexia (lack of hunger), satiety (full all the time), excessive appetite, excessive thirst, nausea, esophageal reflux or stricture, vomiting, stomach pain sharp or dull.	
GENITOURINARY	Urinary frequency, flow (slow, dribbling, fast), delay, urgency, incontinence, leaking, incomplete emptying, painful urination, blood in urine, urine color (clear, yellow, dark amber, red, cloudy, other), urine odor, discharge, prolapse, infection, ketones, nitrites, leukocytes on home test.	
GU: FEMALE	Last pap smear, painful menses, excessive cramping, painful intercourse, discharge, rash, odor, cycle # days, duration # days, flow (light, heavy, excessive), lesions on labia, pregnancies, births, birth control type, pregnancy possible, menopause, post hysterectomy, excessive hair growth on face and arms, painful breasts, breast lumps, breast discharge, breast swelling or tenderness.	
GU: MALE	Last prostate exam, pain, swollen testicles, lesions, lumps, rashes, odor, discharge, impotence, erectile dysfunction	
NEUROLOGICAL	Headache, dizziness, syncope (fainting), near syncope, paralysis, numbness of limbs or extremities, twitching, tics, tingling, shooting pains, pins and needles, ataxia (unstable gait), foot drop, trembling, shakiness, seizures, falls, startle reflex, contractions, stroke, transient ischemic attack	
PSYCHOLOGICAL	Anxiety, uncontrolled anger or sadness, tearful, heightened emotions, mood changes or swings, cognition changes, memory deficits: short term, long term, instant recall, difficulty remembering words, losing the ability to speak, read, or write, blackouts, excessive drowsiness or sleeping, insomnia, exhaustion, hyperactivity, drug dependence, alcohol dependence, erratic behavior, hallucinations, nightmares, despondency, euphoria, depression, difficulties in personal or professional life, major life changes, trauma, grief, other stressors, fear of going out due to falls (rational agoraphobia), phobias, attention deficits, other psychological diagnoses such as schizophrenia, behavioral disorders, body dysmorphia, anorexia, bulimia, bipolar disorder, social anxiety, dysthymia, cyclothymia.	
MUSCULOSKELETAL - Overall	Muscle pain, twitches, cramps, spasms, rippling, stiffness, rigidity, muscle fatigue, weakness, muscle atrophy, swelling, discoloration, lumps, knots, bone density loss, bone hardware, spine fusions or surgeries, injuries or trauma.	

REVIEW OF SYSTEMS FORM FOR PERSONAL USE-Page 3

Name	DOB	SSN
BACK	Hyperlordosis (curved back), kyphosis (concave chest), scoliosis, stiffness, rigidity, loss of range of motion, herniated or bulging disks, spasms, pain, rippling, arching	
ARMS/HANDS	Joint locking, catching, popping, or dislocation, contractures, breaks, fractures, abnormal postures, grip locking, weak grasp, problems with flexion or extension of fingers, or rotation of wrists, tremor	
HIPS/PELVIS	Hip replacement, loss of range of motion, pain, shortened gait, problems with hip dysplasia, flexion, extension, abduction, adduction or medial/lateral rotation, pain with movement, pain at rest	
KNEES	Joint locking, catching, popping, or dislocation, problems with bending and straightening, weakness, shaking	
LEGS/FEET	Sore calves or hamstrings, cramps, twitches, rippling, abnormal posture, problems with flexion, extension, or rotation, weakness, contractures, breaks, fractures, tremor	
HEMATOLOGIC	Anemia, easy bruising or bleeding, varicose veins, prolonged bleeding time, blood thinning medications, known blood disorders	
LYMPHATICS	Enlarged lymph nodes, increased infections, splenectomy, hard nodes, fever, night sweats	
ENDOCRINE	Excessive thirst, excessive hunger, anorexia, sweating, shivering, skin flushing, heat or cold intolerance, weight gain, weight loss, sluggishness, hyperactivity, hair loss/overgrowth, neck swelling, goiter, dry skin	
ALLERGIES	Hives, asthma, eczema, dermatitis, anaphylaxis, rhinitis, seasonal allergies, food allergies, metal allergies, fabric allergies, chemical allergies, pet allergies, environmental allergies (dust, mold, pollen)	