


Section 8 Have you ever had any of the following:	✓/✗	Symptoms Relating to the Muscular System Give details....	Time of Day ... if appropriate
Muscle tears			
Sprains			
Strained ligaments			
Bursitis			
Frozen shoulder			
Tendonitis			
Muscle Fatigue			
Cramp			
Muscle spasms			
Muscle tics or twitches			
Restless legs			
Flat feet	Right foot /Left foot		Normal foot/ Flat foot 
Other.....			

Section 9	✓/✗	Symptoms Relating to the Nervous System Give details.....	Time of Day ... if appropriate
Difficulties with proprioception (an accurate sense of where your body parts are in space)		Try the Romberg Test: a) stand, feet together, eyes closed for 30 seconds. Those with difficulties will fall or sway severely. b) shut eyes and touch nose. Those with difficulties cannot touch it accurately.	
Fibromyalgia pain			
Headaches			

