

LIFE FAMILY CHIROPRACTIC CENTRES  
5795 Balsam Dr., Hudsonville, MI 49426  
Dr. Steve Swindle, DC

PATIENT NAME: \_\_\_\_\_  
# \_\_\_\_\_ DATE: \_\_\_\_\_

PLEASE CHECK ALL THAT APPLY

- I stand or walk on hard surfaces for more than 4 hours daily.
- I participate regularly in a physical sport (basketball, baseball, tennis, golf, bowling, etc.)
- My shoes wear unevenly.
- I avoid activity due to the pain in my feet or lower extremities.
- One of my legs is shorter than the other.
- I have knock-knees or bow legs.
- I have obvious foot problems (bunions, corns, flat feet, etc).
- My feet "toe out" when I am walking.
- I experience aching or cramping in my feet.
- I have heel pain.
- I have pain, numbness, or tingling with prolonged standing, walking, running or climbing stairs in my knees, calves, ankles, feet or toes.
- If I wear anything other than my favorite shoes, I experience the aforementioned types of problems.
- I have a history of an injury to the foot or ankle or a history of any of the above symptomatology.
- I have to elevate my feet to get comfortable.
- I have had treatment procedures recommended or applied for any of these conditions.

If you checked any of the above, Spinal Pelvic Stabilizers can help you as part of your treatment plan. Our office can create a custom made Stabilizer for your needs that will help you experience longer lasting results.