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BONNIE PRUDDEN, FOUNDER • ENID WHITTAKER, MANAGING DIRECTOR

YOUR PERSONAL HEALTH DIARY

Your MUSCLE HISTORY is very important and this form (all about you) will be used as the basis for learning how to take a patient history, the information you can draw from it and the clues it will give you to draw up a patient treatment plan. Take your time and be thorough. Don't try to do it in a day. If you hurt you will be learning why, and the more you learn from your own history the better you will be able to help others.

Everyone needs a HEALTH DIARY. We all forget past injuries and diseases as quickly as possible, but now that we know that every insult to a muscle leaves a memory in the muscle, we know there is a very good reason to remember, record and refer to past history. You need to remember as much as about you as possible. Please give helpful replies to the following questions and send or email your muscle history to us. All information is considered confidential.

Name _____ D.O.B. _____ Date _____

Address _____

Phone _____ Email _____

After you have filled in your copy, make a copy of that and keep it with your valuable papers. If at any time in the future you develop chronic pain, you can refer to it and in it may lie the cause of that pain.

Each of us comes with one body, and it must see us through life. People are living longer and longer, and the quality of these later years depends for the most part on the condition of those one-to-a-customer bodies. Aging, or rather the appearance of "aging" as Americans view it, is not a plus, neither, incidentally, is the callowness, naivete and lack of experience of youth. These lacks are curable with age, but "aging" can't be cured, only prevented. One of the chief causes of the appearance of "aging" is *pain*. One of the chief causes for lack of normal or superior physical performance is muscles spasm whether to the point of *pain* or not. One of the reasons for alcohol and drug addiction... is *pain*. One of the main causes for a lack of interest in work, play, sex and just plain everyday pleasure of life... is *pain*. For your sake and the sake of those around you... GET RID OF YOUR PAIN.

PLEASE MARK THE BOXES WHICH APPLY TO YOUR PATTERN OF PAIN.

Indicate R for RIGHT side, L for LEFT side, or B for BOTH.

Please indicate how long you have had the pain in each area.

On a scale of 1-10, 10 being the worst, note the level of pain in each area.									
L of T = Length of Time P L = Level of Pain R, L, B = Right, Left, Both	At the present time I have chronic pain in the following areas:			At the present time I have acute pain in the following areas:			I don't have any pain now. At one time I had pain in the following areas:		
	L of T	PL	RLB	L of T	PL	RLB	L of T	PL	RLB
head									
face									
neck									
shoulder									
chest									
upper back									
upper arm									
elbow									
lower arm									
wrist									
hand									
low back									
abdominal									
groin									
menstrual cramps									
upper leg									
knee									
lower leg									
ankle									
foot									
hip									

I have had Bonnie Prudden Myotherapy treatments. Yes No

Name of Myotherapist _____

I have had _____ over a period of _____ / _____ / _____ .
of treatments # of days # of weeks # of months

Results _____

Your Life

Everything that happens to an individual during a lifetime has an effect on the musculature. (Example: forceps delivery often ties in with migraine headaches, jaw pain, torticollis and / or shoulder pain.) Little League pitching often contributes to later "bursitis." A fall during infancy or childhood is often forgotten by everyone, but not by the injured muscles, which will react to later emotional stress by going into spasm and causing pain such as low back pain, stiff neck, mock angina, abdominal cramps or pelvic spasm. We need to know as much as you can remember about physical stresses and later on in the diary, what you can find out about emotional stress. Even *good* emotional stress contributes to pain. (Example: the migraine at the wedding.)

Birth

If you know or can ask, the following would be helpful. Circle.

NORMAL · FORCEPS · VERY FAST · VERY LONG · CESAREAN · MEDICALLY INDUCED (Example: pitocin) · MEDICALLY RETARDED (Example: demerol) · PREMATURE (Do you know why?) · INJURY SUSTAINED BY MOTHER PRIOR TO BIRTH · ANY INJURY TO YOU AT BIRTH · OTHER PERTINENT INFORMATION

Accidents *(add additional accidents on a separate page)*

Any accident, great or small, lays down trigger points in muscles. Many of these trigger points surface later in life, long after the incident is forgotten. When you come under either extreme physical (the marathon) or emotional (loss or *any* kind) stress, they surface and throw muscles into painful spasm. That's the kind of pain to which you can't pin a cause. It's the stiff back after the long drive, or the neck pain you think might be due to a draft, but you can't remember where it was.

When listing your accidents, take into consideration *how* you fell. For instance did you fall forward, backwards or sideways? Did you fall onto your hand, break your wrist, fall onto your elbow or onto your shoulder? If you were in a car accident, were you the driver, where were your hands, in what direction were you looking, were you hit from behind or sideways, etc.? Where were your black and blues?

List all the accidents you can remember and your approximate age at the time. The chair pulled out from under you in elementary school is just as important as the whiplash sustained in college or last week. Keep the following points in mind: TYPE OF INJURY · HOW SERIOUS · HOW LONG BEFORE YOU WERE OK · HOSPITALIZED · HOW LONG · TYPE OF TREATMENT (Example: traction, medication, bedrest, cast?)

ACCIDENT	AGE	TREATMENT
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Operations *(add additional operations on a separate page)*

OPERATION	AGE	RESULT	RESIDUAL PAIN
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Sports *(add additional sports information on a separate page)*

Any sport, (even bowling), any time in life and no matter what the level of performance, causes muscle damage. The damage may be slight, but the trigger points are attracted to injury sites as well as to scar tissue. What were your sports? List all sports and or exercise / fitness programs you have or are engaging in.

SPORT	LEVEL OF COMPETITION	AGE	ANY INJURY	RESIDUAL PAIN

Hobbies *(add additional hobby information on a separate page)*

Every hobby contributes to muscle habit, and habit often contributes to muscle pain. Example: jewelry making, knitting, calligraphy and playing the piano can cause muscle spasms in the hands, arms, shoulders, chest and neck.

HOBBY	AGE	ANY PAIN NOTICED	NO PAIN

Occupations *(add additional occupation information on a separate page)*

Every occupation causes muscle damage whether it causes overwork as in stockroom lifting, using a drill to break up paving or the uneven pull from carrying magazines and papers as a child. The occupations that prevent full range of motion while at the same time requiring thousands upon thousands of micro-movements – like computer work – are equally injurious. List them all. Much of mankind's pain is due to the way in which we make a living.

OCCUPATION	AGE	ANY PAIN NOTICED AT THE TIME

Injuries, Not Accidental

While it is still a secret as to exactly who was abused as a child, child abuse, wife abuse and partner abuse have been recognized as rampant in America. Any abuse is accompanied with considerable emotional stress, and chronic pain is born of emotional stress, recognized or not. List any attacks on your person you can remember. Sometimes simply saying out loud, "Yes, this happened to me..." is salutary. Occasionally people suddenly say, "So that's what happened to cause my headache, my shoulder, elbow or neck pain..." and they are well on their way to getting rid of it.

INJURIES

Medication (add additional medication information on a separate page)

Medication is a way of life in America. "Medicine," the profession, means exactly that as a first line of defense. "Prevention" has not as yet become a career, and is applied as a noun or as the Latin verb praevenire, to come before, to anticipate, or in other words to prevent – mostly to children's diseases. We are trained to depend on medications that will prevent pain and make us well. The fact that as we use them they often cause more problems than the fix is slowly becoming clear. In order to have it become perfectly clear, you need to know what each of your medications is for, what side effects you should watch for, what combinations are dangerous, how they interact with the foods you eat and what is the correct dosage for your age. List every medication you are on at present and for the last few years. Accompany them with what they accomplished for you and the side effects you suffered as well as the reason you were taking them.

MEDICATION	AGE	REASON	RESULT	SIDE EFFECTS

Myotherapy (add additional information on a separate page)

MYOTHERAPY is usually sought after everything else has failed. Please describe your complaints. Include the onset of any pain you have or have had from time to time. The onset should take in the precipitating incident (what if anything you can blame the pain on – for example, a soft mattress, a long drive, a draft, lifting a heavy object, doing inventory, bankruptcy, a custody battle, a divorce). The cause of the pain may date back 20, 30, often 40 years. The stress usually precedes the physical distress. A good example is the long ago fall from a horse during childhood... then, suddenly bursitis is affecting a shoulder after a long drive to the funeral of a favorite relative. The original damage to the shoulder was the fall. Worry over the health of the relative and sorrow at the death (loss) are prime emotional stressors. The drive tied it all together.

List the various disciplines you tried and their results, both good and bad. Use the following as a guide. Name the diagnosis or the multiple diagnoses, how long you have suffered, the kind of pain as well as its appearances. Pain is sometimes constant, often sporadic, and occasionally (as in severe back pain) only occasional. Note the intensity and type of pain: is it a dull ache, is it sharp and unbearable? Does it follow any pattern (such as the day after payroll or some emotional stress)? There is also the very pertinent question, "Who's the matter with you?"

How did you hear about Bonnie Prudden Myotherapy? _____

Have you read PAIN ERASURE THE BONNIE PRUDDEN WAY? _____

Have you read MYOTHERAPY, BONNIE PRUDDEN'S COMPLETE GUIDE TO PAIN FREE LIVING? _____

Other Medical Disciplines

What disciplines have you used to relieve your pain other than Bonnie Prudden Myotherapy? On a scale of 1 to 5 (5 being the most help) how much did they help? *Circle the number or NE for Not Effective.*

Occupational Therapy	NE	1	2	3	4	5
Prescription Medication	NE	1	2	3	4	5
Injections	NE	1	2	3	4	5
Physical Therapy	NE	1	2	3	4	5
Massage	NE	1	2	3	4	5
Over the Counter Drugs	NE	1	2	3	4	5
Chiropractic	NE	1	2	3	4	5
Exercise	NE	1	2	3	4	5
Other	NE	1	2	3	4	5
Other	NE	1	2	3	4	5

Have you tried exercise? Please list the types you have tried, who suggested them to you and the results you obtained.

Have you had a recent weight change? Yes No What is your blood pressure usually? _____
Are you allergic to anything? Please list. _____
