

(neuroHPI2)

**Numbness:**  none  right arm  right hand  left arm  
 left hand  right leg  right foot  left leg  left foot

**Muscle spasms:**  none  neck  mid back  lumbar  
 right arm  left arm  right leg  left leg

**Duration of Symptoms:**

1  2  3  4  5  6  7  8  9  10  11  12  
 several  day(s)  week(s)  month(s)  year(s)  chronic

**Aggravating factors:**  nothing in particular  bending  lifting  
 twisting  activity  standing  walking  extending head  
 twisting head  reaching  leaning forward  
 getting up from a seated position  straightening  
 working at job  driving  laying down

**Alleviating factors:**  nothing in particular  sitting  
 laying flat  rest  moving around  
 leaning on a grocery cart  laying on side  
 laying flat with legs flexed and elevated  sleeping  
 raising arm over head

(neuroHPI3)

**Treatment:**  nothing to date  physical therapy  
 epidural steroid injections  narcotic pain meds  
 pain management  muscle relaxants  
 nonsteroidal antiinflammatory meds  rest  heat  
 cold/ice  trigger point injections  chiropractor  
 oral steroids  accupuncture  massage  TENS unit  
 rhizotomies  back brace  neck brace  botox  
 traction

**Length of conservative treatment:**  nothing to date  1 week  
 1 month  at least 6 months  several days  
 several weeks  several months  several years

**Bowel incontinence:**  Yes  No

**Bladder incontinence:**  Yes  No  
 Chronic stress incontinence