

Green Lake Chiropractic and Nutritional Healing
Dr. Steve Polenz DC

Achieving great health is a step by step journey and *our purpose* is to provide outstanding clinical nutrition and chiropractic care while educating and inspiring you to be healthy so you can live a full and vibrant life.

Patient Information

Date _____

Name _____ I wish to be called _____

Address _____

City _____ State _____ Zip _____

Phone – Home _____ Cell _____ Date of Birth _____

Email _____ Referred by _____

Please circle one to indicate the best way to send you an appointment reminder – **Text** Cell Provider _____ or **Email**

*I hereby authorize Dr. Steve Polenz at Green Lake Chiropractic and Nutritional Healing to administer treatment as he deems necessary. **(If patient is a minor, parent/guardian signature)**

Printed name _____ Signature _____

Health History

Overall Health (circle one) Excellent Good Fair Poor Other: _____

Chief complaint – reason you are here- please use back if needed: _____

Previous treatment for this complaint and the results: _____

Other complaints or problems – please use the back if needed: _____

Current medications: _____

Are you currently under the care of a physician or other health care professional? If yes, please give the name and date of last appointment: _____

Nutritional supplements you are taking: _____

Do you smoke cigarettes, drink coffee or alcohol? If yes, please indicate how much:

Cigarettes _____ Coffee _____ Alcohol _____ Drugs _____

Name: _____

Please list any complaints, accidents and injuries you have/had (including childhood) with the following areas

Please mark any scars, surgeries, sprains or injuries on the body chart.
Key –
scars/surgery - (~ ~)
sprain/injury - (x)

Head: _____

Eyes/Vision: _____

Ears/Hearing: _____

Jaw/TMJ: _____

Neck: _____

Upper back: _____

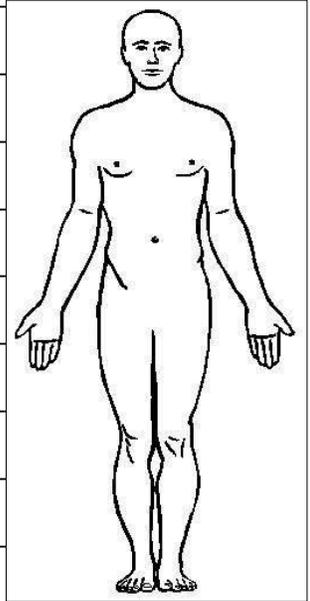
Shoulders: _____

Arms: _____

Elbows: _____

Wrists: _____

Hands: _____



Middle back: _____

Chest: _____

Lower back: _____

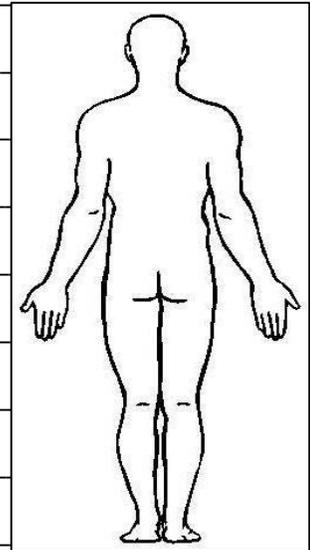
Hips: _____

Legs: _____

Knees: _____

Ankles: _____

Feet: _____



Internal organs (heart, stomach, intestines, etc.): _____

List any major illness, including childhood illnesses, and their approximate dates: _____

Marital status: S M D W Spouse's name: _____ Describe health of spouse _____

Names, ages, and any physical conditions or concerns of children: _____

Any family history of serious illness? Cancer Diabetes Heart Other: _____

Notice of Privacy Practices

This notice describes how medical information about you may be used and disclosed and how you can get access to this information. Please review carefully.

The Health Insurance Portability & Accountability Act of 1996 (HIPPA) requires all health care records and other individually identifiable health information used or disclosed to us in any form, whether electronically, on paper, or orally, to be kept confidential. This federal law gives you, the patient, significant new rights to understand and control how your health care information is used. HIPPA provides penalties for covered entities that misuse personal health information. As required by law, we have prepared this explanation of how we are required to maintain the privacy of your health information and how we may use and disclose your health information.

Without specific written authorization, we are permitted to use and disclose your health care records for the purposes of the treatment, payment and health care operations.

Treatment means providing, coordinating, or managing health care and related services by one or more health care providers. For example we may need to share information with other health care providers or specialists involved in the continuation of your care.

Payment means such activities as obtaining reimbursement for services, confirming coverage, billing or collection activities, and utilization. Review. For example, we may need to disclose information when billing a chiropractic plan for your chiropractic services.

Health Care Operations include the business aspects of running our practice. For example, patient information may be used for training purposes, or quality assessments.

Unless you request otherwise, we may use or disclose health information to a family member, friend, personal representative or other individual to the extent necessary to help with your health care or with payment for your health care. In the event of an emergency or your or your incapacity, we will use our professional judgment in disclosing only the protected health information necessary to facilitate needed care. In addition, we may use your confidential information to remind you of appointments by sending reminder postcards and/or leaving messages at home and/or work. Your protected health information may also be used by our office to recommend treatment alternatives or to provide you with information about health-related benefits and services that may be of interest to you. In addition, we may disclose your health information for public health oversight activities, judicial or administrative proceedings, in response to a subpoena or court order, to military authorities of Armed Forces personnel, to federal officials, and/or to report suspected abuse, neglect, or domestic violence. Any other uses and disclosures will be made only with your written authorization. You may revoke such an authorization in writing and we are required to honor and abide by that written request, except to the extent that we have already taken actions relying on your authorization.

You have certain rights in regards to your protected health information, which you may exercise by presenting a written request to our Privacy Officer at the practice address listed below:

The right to request restrictions on certain uses and disclosures of protected health information, including those related to family members, other relatives, close personal friends, and any other person identified by you. We are, however, not required to agree to a requested restriction. If we do agree to a restriction, we must abide by it unless you agree in writing to remove it.

The right to request to receive confidential communications of protected health information from us by alternative means or at alternative locations.

The right to access, inspect, and copies your protected health information, with limited exceptions. A reasonable fee may be assessed.

The right to request an amendment to your protected health information. We may deny your request in certain situations.

The right to receive an accounting of disclosures of protected health information made outside of treatment, payment, or health care operations... or based on your previous authorizations.

The right to obtain a paper copy of this notice from us upon request, even if you have agreed to receive the notice electronically.

We are required by law to maintain the privacy of your protected health information and to provide you with notice of our legal duties and privacy practices with respect to protected health information.

This notice is effective as of April 14, 2003 and we are required to abide by the terms of the Notice of Privacy Practices currently in effect. We reserve the right to change the terms of our Notice of Privacy Practices and to make the new notice provisions effective for all protected health information that we maintain. Revisions to our Notice of Privacy Practices will be posted on the effective dated and you may request a written copy of the Revised Notice from this office.

You have the right to file a formal, written complaint with us at the address below, or with the Department of Health & Human Services, Office of Civil Rights, in the event you feel your privacy rights have been violated. We will not retaliate against your for filing a complaint.

For more information about our Privacy Practices, please contact:

Privacy Officer Dr. Steve Polenz
Office Name Green Lake Chiropractic
Address 9750 3rdAve NE, #103
City, State, Zip Seattle WA. 98115
Phone 206 523-0121

For more information about HIPPA or to file a complaint:

The U.S. Department of Health & Human Services
Office of Civil Rights
200 Independence Ave S.W.
Washington D.C. 20201
877 696-6775 (toll free)

Green Lake Chiropractic Privacy Policy Acknowledgment

Well Adjusted for Life!

As required by the Privacy Regulations, I hereby acknowledge that I have received a current copy of Green Lake Chiropractic's "Notice of Privacy Practices."

As required by the Privacy Regulation, _____ (staff member) from Green Lake Chiropractic has explained the "Notice of Privacy Practices" to my satisfaction.

As required by the Privacy Regulations, I am aware that Green Lake Chiropractic has included a provision that it reserves the right to change the terms of its notice and to make the new notice provisions effective for all protected health information that it maintains.

Request:

____ I wish to file a Request for Restriction of my Protected Health Information.

____ I wish to file a Request for Alternative Communications of my protected health information

____ I wish to object to the following in the Notice of Privacy Practices: _____

I understand that this office is not required to honor any changes to the Notice of Privacy Practice. I have read the Privacy Notice and understand my rights contained in the notice.

By way of my signature, I provide Green Lake Chiropractic with my authorization and consent to use and disclose my protected health care information for the purpose of treatment, payment and health care operations as described in the Privacy Notice.

Signature

Date

Print name

For office use only

Signed for received by: _____

Koren Specific Technique

New Patient Orientation

Achieving great health is a step by step journey and *our purpose* is to provide outstanding clinical nutrition and chiropractic care while educating and inspiring you to be healthy so you can live a full and vibrant life.

Welcome to Koren Specific Technique

Most of our new patients have been referred to us by other satisfied patients.

Did you hear about us from someone who was very happy with their results?

However you heard about us, you probably want to know what “Koren Specific Technique” is – and what we do.

What is Koren Specific Technique

Koren Specific Technique is the method that I use to adjust. It is very precise and scientific. However, if I were to analyze you using Koren Specific Technique before it was explained to you, you might find it a bit strange, or simply not believable – only because it is probably very different from anything you may have experienced before.

I can completely understand that because when I first saw this type of work being done, my first reaction was “Hmm, what is this strange stuff?”

No one was more skeptical than I was. As a result, I studied Koren Specific Technique extensively to see if it was for real. And I am sure happy I did because it has helped me improve my health, and because of Koren Specific Technique, we are here and are able to help you improve your health.

Quite frankly, if you want to get healthy and stay healthy, it is important that you understand what Koren Specific Technique is, and what our recommendations are based on.

Otherwise, you are less likely to follow through and actually do what you need to do to get well. If you don't follow through, you won't get well. And if you are not going to get well, why do it in the first place?

The only reason we are here is to help you get well. That is why I want to make sure you get the correct understanding of what Koren Specific Technique is right from the start.

Let's get started

In medical practice there are two key parts: the diagnosis (identifying and/or naming the “disease” or syndrome) and the treatment (drugs, surgery, etc.).

In Koren Specific Technique we do not diagnose or treat disease – but we also have two parts: the analysis and the personalized nervous system improvement program.

Simply put, first we do an analysis, and then we perform specific neurological adjustments for that day to help remove any nervous system blockage we found in our analysis.

First the Analysis

The analysis is done through testing your body's nervous system. The analysis is feeling for a muscle response at the base of the head following a challenge to the nervous system on the surface of the skin.

Koren Specific Technique is a study of how the different points on the surface of the body relate to our state of nervous system health and function

Interestingly, since the human anatomy has not changed significantly in thousands of years, the utilization of these reflexes and specific points have become extremely useful in our practice because they are so accurate!

The Nervous System

The nervous system is responsible for reading what is going on in the environment around your body

and telling the body how to respond to the environment in the most appropriate manner.

An example of this would be when you are outside on a hot and sunny day. Your nervous system senses the bright sun and constricts your pupils to decrease the amount of light coming into your eyes and causes you to squint to further dim the light. As you get warmer your nervous system senses your body temperature and makes you sweat in an effort to cool the body off and keep it healthy and safe. The nervous system also makes you consciously aware of how the body is working by telling you if you are too hot so that you will do something such as get out of the sun or move to a cooler place to keep your body from overheating and being injured.

The same is true for **every single** function of your body. There is not a single function that occurs in your body without the nervous system controlling it.

Therefore it is vital to our health that our nervous system be able to see and interpret the world around us and clearly be able to talk to and coordinate every organ and function in our body. The nervous systems job is to read the environment and keep the body in balance and in a state of optimum health so that we can live each day with the highest health possible.

The source of many health problems

The source of many of our health problems is a blockage or interference in the nervous system. Any interference in the nervous system results in the wrong messages being sent to the body and then our health suffers and declines.

An example would be when interference occurs in the nervous system and affects the signals flowing to the stomach. The interference results in the stomach not getting the right instructions on how to digest and the result is indigestion, a “sensitive” stomach and possibly heartburn.

Because the nervous system controls and coordinates every function in our body can you see how many of our health problems may be the result of nervous system interference?

Think about it

By testing the nervous system reflexes, we have a natural built in system of monitoring your body at each visit that has proven to be extremely accurate clinically, and that helps us identify exactly what the body needs and how well we are meeting that need.

Doesn't this sound like something you would want for yourself in order to predict, with certainty, what is needed and wanted by the body to get you to the next stage of improved health?

How do we access the Koren Specific Technique reflexes in order to get this information?

If I were to hook you up to an electro-cardiograph machine and take a reading of your heart, that would make perfect sense to you, right?

What is actually happening during this procedure? Electrical energy from the heart is running over the wires. This electrical energy makes the electrocardiograph record the energy pattern in the form of a graph or chart. I could then study this graph and tell you what it all means.

Here is what we do with Koren Specific Technique Testing. Instead of connecting electrodes to the specific points being tested, A Koren Specific doctor contacts these points with his/her hand. Next the base of the head is felt with the thumbs. If the reflex being contacted is active, the nervous system will respond by reducing energy to one side of the base of the skull and the skull feels to the doctor as if it dropped lower on that side. This drop signifies underlying interference, which can be affecting your health and shows us where you need to be adjusted.

Why is the person who referred you feeling better?

Because we did a Koren Specific analysis and adjustment for him or her, we found the “active” reflexes, and then made specific adjustments to remove the nervous system interference and help the body return to an improved state of health.

We are prepared to do the exact same thing for you now. Isn't that exciting? However, the best is yet to come.

The second part – the “Personalized Nervous System Improvement Program”

Let's say that interference is present in the nervous system contributing to back pain. Then what?

Our next step is to test specific points on the skin to find which points release the interference and return the nervous system to normal function.

My 18 years of experience tells me that when we have found the correct points on the body, as indicated by this procedure, and when we work out a highly personalized adjusting schedule, we have accomplished the most important first step in correcting the underlying interference that caused your health to decline in the first place. By following the program as precisely as possible, you are well on your way to restoring normal function and improving your health.

It's that simple!

In medicine, the medical doctor makes a diagnosis and then uses drugs or surgery to attack or suppress the symptom, or to surgically remove the “offending” organ or part.

In Koren Specific Technique we use very specific adjustments to correct the nervous system interference, so that the body can regain the ability to correct itself. By being so very specific we need to use only a small amount of force on the skin for the nervous system to release the blockage and begin healing.

What exactly is KOREN SPECIFIC TECHNIQUE?

First of all, Koren Specific Technique is not a style of adjusting where you hear and feel the cracking and popping of the spinal joints.

In Koren Specific Technique we use a gentle nervous system adjusting instrument called the Arthrostim. This instrument adjusts by delivering a light tapping to the nervous system via the skin. The key with this technique and the power behind the amazing results we often see is the nervous system.

Traditional adjustments work to move a bone or restore motion in a spinal joint. Koren Specific Technique works to release any interference in the

nervous system being able to run the functions of our body properly.

Koren Specific Technique is a very advanced system of **nervous system analysis**. **Nervous system** (*The nervous system is responsible for reading the environment and then instructing the body on how to respond appropriately.*) **Analysis** (*A way of testing the function of the nervous system and locating any areas of interference in the nervous system*).

Once a blockage is removed the nervous system can communicate with the body clearly and the body can begin to heal any damage (sickness and pain) and improve our state of health.

No Two Adjustments Are The Same

Koren Specific Technique never results in you having the same adjustment visit after visit. When one adjustment is completed the body will change and heal and reveal the next level of nervous system blockage. The next adjustment will address this next level and the process continues on in this manner. Once the majority of nervous system blockages are reduced you will be ready for wellness or maintenance care.

Koren Specific Technique allows healing from recent stress and very old stress. With Koren Specific Technique I may find a physical trauma such as a fall that occurred in your childhood. If I were to find an old trauma such as this that means that when the fall happened a blockage occurred in your nervous system that you have been carrying with you ever since. This one blockage is one of the many that you may be carrying around limiting your health and health potential.

Can you see how Koren Specific Technique can provide powerful healing from very old (and new) stress and trauma? This aspect of Koren Specific Technique allows people to heal from many health issues that had baffled doctors and health care providers.

Conclusion

Many people we see in our practice have had the stress of life wear them down to their current state of ill health. The stress we experience in life is in three dimensions:

Physical
Chemical
Emotional

For many people the first stress we had was at birth. Can being born be a physical stress for us? We continue on through life with emotional stress such as family, work, money and add on chemical stress with processed foods and all of the physical stresses of falls and accidents or even sitting at a desk too long.

Our simply living our lives with all of the stress we experience each day leads to the blockages and interference in our nervous system. Anytime a stress overwhelms us – a new blockage can occur in the nervous system resulting in our health declining.

The **good news** is that it is possible to reverse the process!

Is it possible to restore your health?

What could be more natural? What could be more correct? Each cell, tissue, and organ in your body is in the process of replacing itself every day, month, and year. The health of each organ is dependent on clear communication and coordination from the nervous system to upgrade or maintain the health of the body at a cellular level.

Koren Specific Technique has helped people with:

Dyslexia
Learning difficulties
Vision problems
Back pain
Carpal tunnel
Shoulder pain
Misshapen head
TMJ problems (chewing difficulty)
Weight loss
Heartburn
Arthritis pain
Sciatica
Mental Clarity
Recover from very old injuries (i.e. a soccer injury from 8th grade)

The list goes on and on. What health problems are you having that I may be able to help you with?

With this understanding of what I do, can you see how I might be able to help you do something effective to get yourself well?

And once that is achieved, do you see how you might be able to use this approach to stay well?

Now you have the complete one-to-three package. You now know:

- ◆ What we do
- ◆ How and why we do it
- ◆ What you need to do to have the potential of restoring your health and staying healthy.

But in the end you are the one responsible for your own condition. And with my guidance, I feel that- if you are a Koren Specific Chiropractic case – your chance of greatly improving your health can be as high as 90% or better.

In my experience, if my analysis indicates that you are not a Koren Specific Chiropractic case, then in all probability, while a chiropractic adjusting program may give you some benefit, it may not give you the maximum results you desire.

But if my analysis confirms that you are a Koren Specific Chiropractic case, then, in my experience, nothing else will ever come close to what you can possibly achieve using Koren Specific Chiropractic.

I wish you the best of luck in your quest to take back full responsibility for your health. Just remember to do it one step at a time, and that I am here to guide you in that quest.

You can count on us to do everything in our power to help you achieve your health objectives, and to help you achieve a healthier, happier life.

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