Questions to Prepare for Consultation

1. When did I first notice my symptoms?
2. What symptoms do I have?
   a. Pain?
   b. Numbness?
   c. Incoordination?
   d. Stiffness?
   e. Neck? Arms? Legs
3. Have I suffered from any incontinence?
4. How is my walking?
   a. Can I walk unaided or do I need assistance?
   b. How far can I walk
5. Have I ever had any investigations before?
6. Are there similar problems in the family? i.e. Mum, Dad or siblings?
7. Do I have any other medical problems?
   a. Heart Disease?
   b. Diabetes?
   c. Lung Disease?
8. Have I ever had an operation?
   a. If so, for what and when?
10. Do I suffer from any allergies?