

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?
9. What regular medications do I take? - **BRING A LIST!**
10. Do I suffer from any allergies?