

9. THE STRUCTURAL-MUSCULAR / SKELETAL SYSTEM

NOW PLEASE COMPLETE THE FOLLOWING SUBQUESTIONNAIRES USING THE SAME RATING SYSTEM:

1 - for mild or rarely occurring

2 - for moderate or regularly occurring

3 - for severe or often occurring

*or leave **blank** - if the symptom / statement does not apply*

SKELETAL

| | |
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| Pain, swelling, stiffness in joints | |
| Joint inflammation (rheumatoid arthritis) | |
| Pain, stiffness, inflammation of spine | |
| Facial pain | |
| Joints make popping sounds | |
| Gout | |
| Ankylosing spondylitis | |
| Bones fracture easily | |
| Gradual loss of height | |
| Tooth loss; teeth "falling out" | |
| Lack of exercise | |
| Rounding of shoulders; stooping | |
| F: Menopause | |
| Pain in forearm or biceps | |
| Cramps in calf muscle during sleep or exercise | |
| Painful cramping of feet or toes | |
| Teeth prone to decay, frequent toothaches | |
| Malformation of bones | |
| Insomnia | |
| Muscles weak, weak grip, light objects feel heavy | |
| Heart palpitations | |
| Diet high in animal foods (meat, dairy, eggs) | |

MUSCULAR

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| Muscle pain | |
| Muscle weakness | |
| Sprains; muscle strains | |
| Muscle(s) spasm | |

NEUROMUSCULAR

| | |
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| Muscles wasting in some part of the body | |
| Numbness or loss of sensation | |
| Mood swings and/or depression | |
| Blurred or double vision | |
| Tingling and/or numbness, especially in extremities | |
| Muscular stiffness | |
| Difficulty breathing | |
| M: impotence | |
| Tremors | |
| Loss of peripheral vision | |
| Slurred speech | |
| Objects fall from hands, reach in wrong place | |
| Hands tremble | |
| Impaired speech | |