

Date: \_\_\_\_\_ Patient name: \_\_\_\_\_

To enable us to find a suitable homeopathic remedy, we need you to *precisely record here all changes in how you feel* which have arisen during the *current illness*. To do this:

1) Below, write the main symptoms you have noticed with your illness:

**MAIN SYMPTOMS** (for example: knee pain left after exercise, swelling, sensitive to cold)

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2) Underline below whatever applies to you during your illness.

For example: if it gets worse when you perspire, mark: during / after perspiration better / worse

**OPEN AIR, WEATHER, TEMPERATURE, WRAPPING UP**

- open air: better / worse
- open air: desire for / aversion to
- cold weather: better / worse
- wet weather: better / worse
- dry weather: better / worse
- cold in general, being exposed to: better / worse
- warmth in general: better / worse
- when getting cold: better / worse
- wrapping up warmly: better / worse
- uncovering: better / worse
- warm room: better / worse
- becoming warm in bed: better / worse
- during / after perspiration: better / worse
- wet compress on body: better / worse
- getting wet: worse
- draught / wind: worse
- getting hot / perspiring, want to uncover
- getting hot / perspiring, want to stay covered up

**POSITION**

- lying position: better / worse
- lying on back: better / worse
- lying on side: better / worse
- lying on painful side: better / worse
- lying on pain- free side: better / worse
- change of position: better / worse
- sitting: better / worse
- sitting bent over: better / worse
- standing: better / worse
- leaning against something: better / worse
- muscles: flabby / tense

**MOVEMENT, EXERCISE, REST**

- movement: desire for / aversion to
- movement: better / worse
- continued movement: better / worse
- movement of affected parts: better / worse
- bending or turning of affected parts: better / worse
- raising affected limb: better / worse
- bending affected limb: better / worse
- stretching affected limb: better / worse
- walking: better / worse
- walking in open air: better / worse
- running (jogging): better / worse
- stepping hard: better / worse
- physical exercise: better / worse
- walking up (stairs, hill etc.): better / worse
- walking down (stairs, hill): better / worse
- resting: better / worse
- bending over: better / worse
- sitting up, straightening up: better / worse
- sitting down: better / worse
- while / after getting up from seat: better / worse
- starting to move: worse
- after moving: worse
- moving arms: worse
- moving head: worse
- raising arms: worse

**SENSATION**

- touch: better / worse
- external pressure: better / worse
- rubbing: better / worse
- sneezing: better / worse
- pressing sensation: inwards / outwards
- stabbing, pricking: inwards / outwards
- stabbing, pricking: upwards / downwards

**STATE OF MIND**

- irritable / mild
- sad / happy
- being alone: better / worse

**SLEEP**

- after lying down: better / worse
- while falling asleep: better / worse
- during sleep: better / worse
- while waking up: better / worse
- while / after getting up: better / worse

**SIDE**

- side in general: left / right
- neck: left / right
- back: left / right
- arm: left / right
- groin (thigh crease): left / right
- leg: left / right

**INJURY**

- injury in general
- injury: with haematoma
- injury: bruise, contusion
- injury: from splinter
- injury: of soft tissue
- injury: of glands
- injury: of bone
- bone: slow healing fracture
- injury: sprains

**FURTHER SYMPTOMS NOT MENTIONED IN THE QUESTIONNAIRE:**

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