

Welcome,

To give you an opportunity to know more about me before we meet I am including information about my background, interests and medical practice.

I graduated from the University of New England College of Osteopathic Medicine, located in Biddeford, Maine 1995. My post graduate training included one year of Internship at Deaconess Medical Center in Spokane, Washington and one year of Family Practice Residency at Eastmoreland Osteopathic Hospital in Portland, Oregon. I have extensive advanced training in cranial manipulation and balanced ligamentous tension. My medical education, advanced training and current practice emphasize osteopathic manual medicine, obstetrics, pediatrics and newborn care.

Prior to medical school I earned a bachelors degree in occupational therapy from Colorado State University. I worked with a broad range of acute and rehab patients, focusing mainly on neurotrauma. I was a certified as a massage therapist in 1982, as a Rolfer in 1987 and as an advanced Rolfer in 1990. I was in private practice as a Rolfer in Boulder, Colorado for 7 years. Midwifery and infant massage courses were a prelude to OB/GYN in medical school.

Osteopathy is an approach to health that works with the body's natural, capacity to correct, balance and heal itself. This approach is not limited to the musculoskeletal system. You will find my style of Osteopathic Manipulation is a gentle form of hands on treatment. I do not use physical therapy machines or assistants to administer any part of the treatment.

Freedom of movement is the basis of health, and movement and function are intertwined. This applies to every aspect of your being: your spine, all of your muscles, bones, organs, body fluids, your mind and emotions. The type of Osteopathy I practice is a dynamic way to work with your innate potential for change, movement and healing.

Good health requires a commitment from the patient to participate in the healing process. Osteopathic medicine supports your body's innate healing ability. You must be willing to become aware of the potential for healing and change in the many forms in which it may present itself to you. I see my role in this process as a facilitator, teacher and guide in the education and evolution of the body, mind, heart and spirit.

Thank you for this opportunity to work together.

Sincerely,

Jennifer McPeck, D.O.

New Patient Health History Questionnaire

Please bring this form to your first visit. This questionnaire is long and involved, however, your thoughtful attention in filling it out is extremely important.

The purpose of this questionnaire is for you to gather information and to provide Dr. McPeek with a health history concerning your past and present health status. In the process of completing this questionnaire you will start thinking about your attitudes and practices concerning your health. Please devote some focused time and attention in order to thoughtfully complete this form. Read and answer each question carefully, and complete this form before your appointment. If you have difficulty answering any questions, circle them, and you can discuss them with Dr. McPeek when you are here.

Your answers will be treated confidentially, as are all of your records and visits to this office.

Pediatric New Patient **Health History Questionnaire**

Please bring this form to your first visit. This questionnaire is long and involved, however, your thoughtful attention in filling it out is extremely important.

The purpose of this questionnaire is for you to gather information and to provide Dr. McPeek with a health history concerning your child's past and present health status. In the process of completing this questionnaire you will start thinking about your attitudes and practices concerning your family's health.

Please devote some focused time and attention in order to thoughtfully complete this form. Read and answer each question carefully, and complete this form *before* your appointment. If you have difficulty answering any questions, circle them, and you can discuss them with Dr. McPeek when you are here. If there are any questions you would like to discuss privately with Dr. McPeek when your child is not present, please mark them with an asterisk (*) and they can be discussed at the appropriate time.

If your child is old enough, discuss the questions with them as you answer them. If your child is a teenager please allow them to complete the questionnaire themselves. After they have done so, please review the answers and fill in any additional information that is important to you. Some questions will only apply to children in certain age groups, but certain questions are important to Dr. McPeek no matter how old your child is. For example, Dr. McPeek is interested in everyone's' birth history regardless of their age.

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