Appendix A
Physical Condition Categories

Neurologic
- Back problems
- Bells palsy
- Brain aneurism
- Brain lesion
- Carpal tunnel syndrome
- Cerebral palsy
- Cervical dystonia
- Chronic regional pain syndrome
- Concussion/post-concussion syndrome
- Disc herniation/compressed disk
- Epilepsy
- Foraminal stenosis
- Left thigh neuroma
- Meralgia paresthetica
- Migraine/headache
- Multiple sclerosis
- Myasthenia gravis
- Intracranial myopericytoma
- Neck pain
- Nerve damage/pain/impingements/pinched nerve/nerve disorder
- Neuralgia
- Numbness
- Occipital neuralgia
- Paralysis
- Parkinson’s disease
- Restless leg syndrome
- Sciatica
- Schwannomatosis
- Shingles
- Spastic paraplegia
- Spinal cord injury
- Spinal stenosis
- Stroke
- Transient ischemic attack
- Traumatic brain injury
- Tremor (hands, focal)
- Vasovagal syncope
- Vertigo
- Vestibular dissonance/vestibular disorder
Digestive

- Acid reflux/heartburn
- Celiac disease
- Crohn’s disease
- Colitis
- Copper toxicity
- Diverticulitis/diverticulosis
- Eosinophilic esophagitis
- Esophageal achalasia
- Esophageal dysmotility
- Gall bladder (removed)/gallstones
- Gastroesophageal reflux disease/Barrett’s esophagus
- Gastrointestinal sensitivity
- Gastroparesis
- Gilbert’s syndrome
- Hemorrhoids
- Hypersplenism
- Indigestion
- Inflammatory bowel disease
- Irritable bowel syndrome
- Lactose intolerance
- Liver disease
- Pancreatitis
- Stomach ulcer/other stomach issues
- Ulcerative colitis
- Vitamin deficiency

Endocrine/Metabolic

- Adrenal fatigue/hyperactive adrenal gland
- Diabetes
- Dyslipidemia/hyperlipidemia
- Graves’ disease
- High cholesterol
- High triglycerides
- Hormonal imbalance
- Hyperthyroidism
- Hypopituitarism
- Hypothyroidism/hashimoto’s disease
- Low testosterone
- Menopause/pre/peri/postmenopausal
- Obesity/overweight
- Other thyroid issues (e.g., enlarged thyroid/hyperparathyroidism)
- Phenylketonuria
Respiratory
- Asthma
- Blocked nasal passage
- Breathing issues
- Bronchitis
- Chronic obstructive pulmonary disease
- Collapsed lung
- Cough
- Lung disorder
- Pneumonia
- Pulmonary embolism
- Rhinosinusitus
- Sinusitis/sinus issues

Cardiovascular
- Angioma
- Angioplasty
- Aortic aneurysm
- Arrhythmia/irregular heartbeat
- Arteriosclerosis
- Atrial fibrillation
- Atrioventricular block
- Bicuspid aortic valve
- Blocked artery/other blockage
- Blood clots
- Bradycardia
- Cardiomyopathy
- Cardio pulmonary disease
- Cardiovascular disease
- Carotid dissection
- Coronary artery disease
- Deep vein thrombosis
- Diastolic dysfunction
- Enlarged heart
- Extrasystole
- Heart attack
- Heart disease
- Heart murmur/heartbeat abnormality
- Heart palpitations
- Hypertension
- Hypotension
- Large cell vasculitis
- Lymphadema
- Mitral regurgitation
• Mitral valve prolapse
• Other cardiac issues/heart condition
• Pacemaker
• Paroxysmal supraventricular tachycardia
• Patent foramen ovale
• Phlebitis
• Premature atrial contraction
• Premature ventricular contractions
• Pulmonary artery catheter
• Quadruple bypass
• Right bundle branch block
• Tachycardia/Paroxysmal supraventricular tachycardia
• Vasovagal syncope
• Vericocele
• Vericose veins
• Wolff-Parkinson-White syndrome

Musculoskeletal & Rheumatic
• Achilles tendinopathy
• Acromioclavicular joint injury
• Amputation
• Ankylosing spondylitis
• Anterior cruciate ligament injury/tear/repair/replacement
• Arthritis (osteo/psoriatic/rheumatoid)
• Back issues/injury
• Broken bones
• Bursitis (hips, shoulders)
• Cervical spondylosis
• Degenerative disk disease
• Degenerative joint disease/joint issues
• De quervain’s syndrome
• Dislocated shoulder/separated shoulder/strained shoulder
• Ehlers-danlos syndrome
• Fibromyalgia
• Fractured bone
• Frozen shoulder
• Fused spine
• Gout
• Hip injury/hip replacement
• Inclusion body myositis
• Knee issues/knee surgery
• Lupus
• Medical collateral ligament strain
• Muscle fatigue (lower back)
• Muscular dystrophy
• Myofascial pain syndrome
• Osgood-schlatter disease
• Osteopenia
• Osteophytes
• Osteoporosis
• Pain/chronic pain
• Patellofemoral syndrome
• Piriformis syndrome
• Plantar fasciitis
• Polymalgia rheumatica
• Raynaud’s
• Sarcoidosis
• Scoliosis
• Spondylolisthesis
• Sports injuries
• Subchondral sclerosis
• Temporomandibular joint disorders
• Tendonitis/tendon issues
• Thoracic instability
• Torn cartilage (meniscus, labrum)
• Torn ligament
• Torn rotator cuff
• Trapezius damage

Other
• Allergies
• Alopecia
• Amblyopia
• Anemia
• Autoimmune deficiency/autoimmune disorder
• Bladder issues/overactive bladder
• Blepharitis
• Blood disorders/blood clot disorder
• Cancer
• Cellulitis
• Chronic fatigue syndrome/myalgic encephalomyelitis
• Chronic urticaria
• Cone dystrophy
• Dermatitis
• Diffuse lipoma disease
• Diplopia
• Ear infections
• Ear/nose/throat problems
- Eczema
- Endometriosis
- Environmental sensitivity disorder
- Epstein-barr virus
- Erectile dysfunction
- Erythema nodosum
- Glaucoma
- Hearing loss/deaf
- Hemochromatosis
- Hernia
- Human immunodeficiency virus
- Infertility
- Insomnia
- Kidney disease/kidney failure
- Kidney stones
- Labyrinthitis
- Loin pain hematuria syndrome
- Lyme disease
- Minere’s disease
- Mononucleosis
- Neutropenia
- Ovarian cyst
- Parasomnia
- Pernicious anemia
- Polycystic kidney disease
- Polycystic ovary syndrome
- Postoperative infection
- Presbyopia
- Prostatitis
- Psoriasis
- Retinal vein occlusion
- Rosacea
- Rapid eye movement sleep behaviour disorder
- Sleep apnea
- Sleep disorder/sleep problems
- Stress incontinence
- Tinnitus
- Tuberculosis
- Urinary tract infections
- Uterine fibroids
- Varicocele
- Visual impairments
Appendix B
Index Trauma Categories

Life-threatening natural disaster/explosion
  • Life-threatening natural disaster (e.g., flood, hurricane, tornado, earthquake, wildfires)
  • Fire or explosion

Serious accident
  • Serious transportation accident (e.g., car accident, boat accident, train wreck, plane crash)
  • Serious accident at work, home, or during recreational activity

Physical assault
  • Physical assault (e.g., being attacked, hit, slapped, kicked, beaten up)
  • Assault with a weapon (e.g., being shot, stabbed, threatened with a knife, gun, bomb)

Sexual assault
  • Sexual assault (e.g., rape, attempted rape, made to perform any type of sexual act through force or threat of harm)
  • Other unwanted or uncomfortable sexual experience

Life-threatening illness/injury
  • Life-threatening illness or injury

Witnessed trauma
  • Severe human suffering
  • Sudden violent death (e.g., homicide, suicide)
  • Sudden accidental death

Other trauma
  • Exposure to toxic substance (e.g., dangerous chemicals, radiation)
  • Combat exposure to a war-zone (in the military or as a civilian)
  • Captivity (e.g., being kidnapped, abducted, held hostage, prisoner of war)
  • Serious injury, harm, or death you caused to someone else
  • Any other very stressful event of experience