

CURRENT HEALTH CONDITION

Current Condition _____

Other Doctor's Seen For This Condition Yes No; Who? _____

Type of Treatment: _____

Results: _____

Date of Injury: _____ Time of Injury: _____ Has This Condition Occurred Before? Yes No

Is This Condition Job Related? Yes No Did You Make A Report of The Accident To Your Employer: Yes No

Is Condition: Auto Accident Fall Gym Home Injury Sports

Medications You Now Take: Pain Killers Muscle Relaxers Blood Pressure Insulin

Others _____

Do You Wear A Shoe Lift? Yes No

Do You Suffer From Any Condition Other Than That Which You Are Now Consulting Us?

1. Check only ONE body location below

Headaches L R B

Front of Head

Top of Head

Back of Head

Jaw L R B

Eye L R B

Neck L R B

Upper Back L R B

Mid Back L R B

Low Back L R B

Chest L R B

Abdomen L R B

Ribs L R B

Buttocks L R B

Shoulder L R B

Forearm L R B

Hand L R B

Hip L R B

Leg L R B

Foot L R B

Other locations: _____

7. Pain Scale: 0 1 2 3 4 5 6 7 8 9 10

2. Types of pain

Dull Sharp Aching Cutting

Throbbing Burning Numbing Tingling

Spasm Stinging Shooting Pounding

Constricting

3. Pain Frequency

Up to 1/4 of awake time 1/4 to 1/2 of time

1/2 to 3/4 of awake time Most all the time

4. Pain Intensity (How it affects daily activities)

Doesn't affect Somewhat affects

Seriously affects Prevents activities

5. Does this pain radiate into other body parts?

Head Left Right Both

Shoulder

Arm

Hand

Hip

Leg

Foot

Other locations of Radiation: _____

Other types of pain:

6. Actions affecting this pain

Brings On Aggravates Relieves

In the A.M.

In the P.M.

Bending forward

Bending back

Bending left

Bending right

Twisting left

Twisting right

Coughing

Straining

Standing

Sitting

Lifting

Other Actions: _____

1. Check only ONE body location below

Headaches L R B

Front of Head

Top of Head

Back of Head

Jaw L R B

Eye L R B

Neck L R B

Upper Back L R B

Mid Back L R B

Low Back L R B

Chest L R B

Abdomen L R B

Ribs L R B

Buttocks L R B

Shoulder L R B

Forearm L R B

Hand L R B

Hip L R B

Leg L R B

Foot L R B

Other locations: _____

7. Pain Scale: 0 1 2 3 4 5 6 7 8 9 10

2. Types of pain

Dull Sharp Aching Cutting

Throbbing Burning Numbing Tingling

Spasm Stinging Shooting Pounding

Constricting

3. Pain Frequency

Up to 1/4 of awake time 1/4 to 1/2 of time

1/2 to 3/4 of awake time Most all the time

4. Pain Intensity (How it affects daily activities)

Doesn't affect Somewhat affects

Seriously affects Prevents activities

5. Does this pain radiate into other body parts?

Head Left Right Both

Shoulder

Arm

Hand

Hip

Leg

Foot

Other locations of Radiation: _____

Other types of pain:

6. Actions affecting this pain

Brings On Aggravates Relieves

In the A.M.

In the P.M.

Bending forward

Bending back

Bending left

Bending right

Twisting left

Twisting right

Coughing

Straining

Standing

Sitting

Lifting

Other Actions: _____

Name: _____ Date: _____

Activities of Daily Living Assessment

Rate your current difficulties, resulting from your accident/illness, with regard to the various activities listed below. Use the following 1 to 5 scale.

WRITE IN THE APPROPRIATE NUMBER that most closely describes your current degree of difficulty:

- 1 = "I can do it without any difficulty"
- 2 = "I can do it without much difficulty, despite some pain"
- 3 = "I manage to do it by myself, despite marked pain"
- 4 = "I manage to do it, despite the pain, but only if I have help"
- 5 = "I cannot do it all, because of the pain"

Only fill in areas affected.

Difficulties with Self Care and Personal Hygiene Activities

Bathing____ Drying hair____ Brushing teeth____ Putting on shoes____ Preparing meals____ Taking out trash____
 Showering____ Combing hair____ Making bed____ Tying shoes____ Eating____ Doing laundry____
 Washing hair____ Washing face____ Putting on shirt____ Putting on pants____ Cleaning dishes____ Going to toilet____

Difficulties with Physical Activities

Standing____ Walking____ Kneeling____ Bending back____ Twisting left____ Leaning back____
 Sitting____ Stooping____ Reaching____ Bending left____ Twisting right____ Leaning left____
 Reclining____ Squatting____ Bending forward____ Bending right____ Leaning forward____ Leaning right____
 Standing for long periods____ Sitting for long periods____ Walking for long periods____ Kneeling for long periods____

Difficulties with Functional Activities

Carrying small objects____ Lifting weights off floor____ Pushing things while seated____ Exercising upper body____
 Carrying large objects____ Lifting weights off table____ Pushing things while standing____ Exercising lower body____
 Carrying brief case____ Climbing stairs____ Pulling things while seated____ Exercising arms____
 Carrying large purse____ Climbing inclines____ Pulling things while standing____ Exercising legs____

Difficulties with Social and Recreational Activities

Bowling____ Jogging____ Swimming____ Ice Skating____ Competitive Sports____ Dating____
 Golfing____ Dancing____ Skiing____ Roller Skating____ Hobbies____ Dining out____

Difficulties with Travelling

Driving a motor vehicle____ Riding as a passenger in a motor vehicle____ Riding as a passenger on a train____
 Driving for long periods of time____ Riding as a passenger on an airplane____ Riding as a passenger for long periods____

Use the following 1 to 5 scale to describe the difficulties below :

- 1 = "This area is not affected by my condition"
- 2 = "This area is slightly affected by my condition"
- 3 = "My condition moderately restricts my ability in this area"
- 4 = " My condition seriously limits my ability in this area"
- 5 = "My condition prevents me from using this ability"

Difficulties with Different Forms of Communication

Concentrating____ Hearing____ Listening____ Speaking____ Reading____ Writing____ Using a keyboard____

Difficulties with the Senses

Seeing____ Hearing____ Sense of touch____ Sense of taste____ Sense of smell____

Difficulties with Hand Functions

Grasping____ Holding____ Pinching____ Percussive movements____ Sensory discrimination____

Difficulties with Sleep and Sexual Function

Being able to have normal, restful nights sleep____ Being able to participate in desired sexual activity____

Write in below any additional information regarding your Activities of Daily Living (that wasn't covered above):

NAME _____ DATE _____