

Patient Name: \_\_\_\_\_ DOB \_\_\_\_\_

CURRENTLY YOUR REASON FOR TREATMENT IS: \_\_\_\_\_

*Indicate where your symptoms are on the body chart to the right.*

CURRENT SYMPTOMS (circle all that apply):

PAIN NUMBNESS STIFFNESS WEAKNESS or \_\_\_\_\_

Symptoms are: (check one)

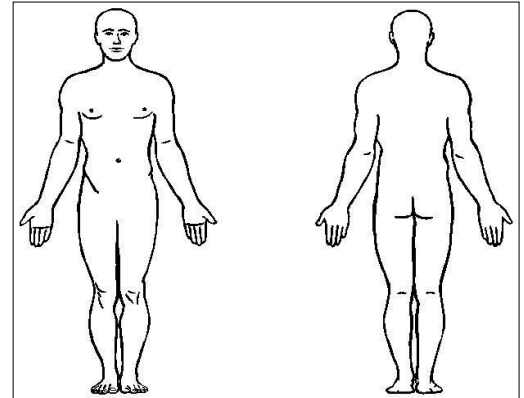
Constant (all day long, nonstop)

Intermittent (changes with activity, position, time of day, etc)

Condition is: (check one)

Acute (began less than 6 wks ago)

Chronic (began more than 6 wks ago or frequent similar episodes in the past).



When did your symptoms begin? \_\_\_\_\_ If applicable, how many past episodes: \_\_\_\_\_

Onset of symptoms was **sudden** or **gradual**. If gradual, how long: yrs\_\_\_\_ months\_\_\_\_ wks\_\_\_\_ days \_\_\_\_

Briefly describe: \_\_\_\_\_

HAVE YOU HAD ANY DIAGNOSTIC TESTS? (Circle all that apply)

MRI X-RAY SURGERY (INCL. DATE) \_\_\_\_\_ Other: \_\_\_\_\_

Are you aware of your DIAGNOSIS? YES NO

Are you aware of your PROGNOSIS? YES NO NEXT KNOWN PHYSICIAN'S VISIT: \_\_\_\_\_

WEIGHT: \_\_\_\_\_ HEIGHT: \_\_\_\_\_ THIS INJURY IS: Work Related Auto Accident Other: \_\_\_\_\_

List up to 2 things that make your symptoms **better** or **worse**: (Could include, but not limited to i.e.; posture, position, rest, exercise, work tasks, household tasks, hobbies, medications, etc)

Better

Worse

1. \_\_\_\_\_ 1. \_\_\_\_\_

2. \_\_\_\_\_ 2. \_\_\_\_\_

List up to 2 personal **goals of treatment**: (for example: to reduce pain, numbness; to sleep, work, exercise without interruption, to improve range of motion, strength, balance, to resume golf, social activities, walking, reaching into cabinet, housekeeping, return to sport, etc.)

1. \_\_\_\_\_

2. \_\_\_\_\_

Prior/normal Sports/Recreational/or Hobbies: \_\_\_\_\_

Prior type of Exercise and Level: \_\_\_\_\_ None Moderate Intense