

NAME _____ DATE _____
 TIME _____ AM/PM Initial Visit Discharge Visit

FUNCTIONAL INDEX

Choose the one answer in each section that best describes your condition.

WALKING

- Symptoms do not prevent me walking any distance.
- Symptoms prevent me walking more than 1 mile.
- Symptoms prevent me walking more than 1/2 mile.
- Symptoms prevent me walking more than 1/4 mile.
- I can only walk using a stick or crutches.
- I am in bed most of the time and have to crawl to the toilet.

WORK

(Applies to work in home and outside)

- I can do as much work as I want to.
- I can only do my usual work, but no more.
- I can do most of my usual work, but no more.
- I cannot do my usual work.
- I can hardly do any work at all (only light duty).
- I cannot do any work at all.

PERSONAL CARE

(Washing, Dressing, etc.)

- I can manage all personal care without symptoms.
- I can manage all personal care with some increased symptoms.
- Personal care requires slow, concise movements due to increased symptoms.
- I need help to manage some personal care.
- I need help to manage all personal care.
- I cannot manage any personal care.

SLEEPING

- I have no trouble sleeping.
- My sleep is mildly disturbed (less than 1 hr. sleepless).
- My sleep is mildly disturbed (1-2 hrs. sleepless).
- My sleep is moderately disturbed (2-3 hrs. sleepless).
- My sleep is greatly disturbed (3-5 hrs. sleepless).
- My sleep is completely disturbed (5-7 hrs. sleepless).

RECREATION/SPORTS

(Indicate Sport if Appropriate _____)

- I am able to engage in all my recreational/sports activities without increased symptoms.
- I am able to engage in all my recreational/sports activities with some increased symptoms.
- I am able to engage in most, but not all of my usual recreational/sports activities because of increased symptoms.
- I am able to engage in a few of my usual recreational/sports activities because of my increased symptoms.
- I can hardly do any recreational/sports activities because of increased symptoms.
- I cannot do any recreational/sports activities at all.

ACUITY (Answer on initial visit.)

How many days ago did onset/injury occur? _____ days

CARRYING

- I can carry heavy loads without increased symptoms.
- I can carry heavy loads with some increased symptoms.
- I cannot carry heavy loads overhead, but I can manage if they are positioned close to my trunk.
- I cannot carry heavy loads, but I can manage light to medium loads if they are positioned close to my trunk.
- I can carry very light weights with some increased symptoms.
- I cannot lift or carry anything at all.

DRESSING

- I can put on a shirt or blouse without symptoms.
- I can put on a shirt or blouse with some increased symptoms.
- It is painful to put on a shirt or blouse, and I am slow and careful.
- I need some help, but I manage most of my shirt or blouse dressing.
- I need help in most aspects of putting on my shirt or blouse.
- I cannot put on a shirt or blouse at all.

REACHING

- I can reach to a high shelf to place an empty cup without increased symptoms.
- I can reach to a high shelf to place an empty cup with some increased symptoms.
- I can reach to a high shelf to place an empty cup with a moderate increase in symptoms.
- I cannot reach to a high shelf to place an empty cup, but I can reach up to a lower shelf without increased symptoms.
- I cannot reach up to a lower shelf without increased symptoms, but I can reach counter height to place an empty cup.
- I cannot reach my hand above waist level without increased symptoms.

DRIVING

- I can drive my car or travel without any extra symptoms.
- I can drive my car or travel as long as I want with slight symptoms.
- I can drive my car or travel as long as I want with moderate symptoms.
- I cannot drive my car or travel as long as I want because of moderate symptoms.
- I can hardly drive at all or travel because of severe symptoms.
- I cannot drive my car or travel at all.

LIFTING

- I can lift heavy weights without extra symptoms.
- I can lift heavy weights, but it gives extra symptoms.
- My symptoms prevent me from lifting heavy weights, but I manage if they are conveniently positioned. (e.g. on a table)
- My symptoms prevent me from lifting heavy weights, but I manage light to medium weights if they are conveniently positioned.
- I can lift only very light weights.
- I cannot lift or carry anything at all.

Please complete opposite side

PAIN INDEX

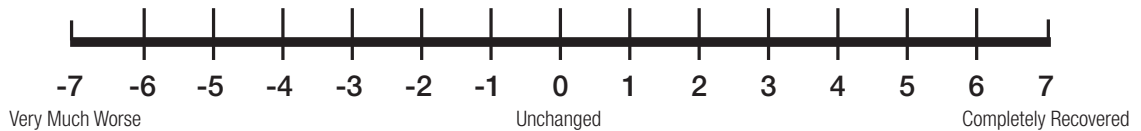
Please indicate the worst your pain has been in the last 24 hours on the scale below

No Pain  Worst Pain Imaginable

PLEASE DO NOT COMPLETE THE FOLLOWING SECTIONS ON FIRST VISIT

GLOBAL RATING OF CHANGE

With respect to the reason you sought treatment, how would you describe yourself now compared to your first treatment at our clinic?
(Circle one)



WORK STATUS (check most appropriate)

1. No lost work time 3. Return to work with modification 5. Not employed outside the home
2. Return to work without restriction 4. Have not returned to work

Work days lost due to condition: _____ days

I am aware that the information gathered on this form may be used anonymously for research or publication. Please initial: _____

Date _____

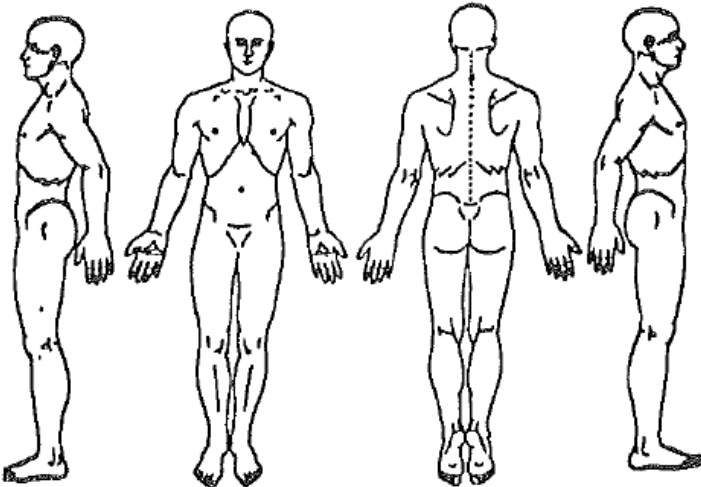
Name _____ DOB _____ Age _____ Height _____ Weight _____

Date of Next Visit with Referring Doctor _____ Family Doctor _____

Employer/Occupation _____ Leisure Activities _____

Describe the reason you are here _____

_____ Date Symptoms Began _____ Date of Surgery _____



Indicate on the diagrams, the area(s) or location(s) where you are currently experiencing symptoms, using the following key:

PPPPP = pins & needles
 SSSSS = stabbing
 XXXXX = burning
 ZZZZZ = deep ache

Have you **EVER** been diagnosed as having any of the following conditions? Please circle.

- | | | | | |
|-------------------|---------------------|----------------------|---------------------------------|--------------------|
| Cancer | High Blood Pressure | Heart problems | Circulation problems | Blood Clots |
| Bleeding Disorder | Asthma | Hepatitis | Tuberculosis | Stomach Ulcers |
| Thyroid problems | Kidney problems | Depression | Diabetes | Multiple Sclerosis |
| Stroke | Seizures | Rheumatoid Arthritis | Chemical Dependency | |
| Osteoporosis | Osteoarthritis | COPD/Emphysema | Tobacco use: Y N Amt/day: _____ | |

Other _____

Please list any surgeries **or** other conditions for which you have been hospitalized, including the approximate date.

Do you have allergies: Y N If yes, please specify _____

Please list any medications you are currently taking (prescription and over the counter). If you have a list, we would be happy to photocopy if for you.

Please circle any of the following symptoms you are experiencing.

- | | | | |
|----------------------------|------------------------------|--------------------------------|------------------------|
| nausea/vomiting | fatigue | dizziness/lightheadedness | tremors |
| fever/chills/sweats | numbness or tingling | seizures | double vision |
| loss of vision | eye redness | skin rash | problems sleeping |
| sexual difficulties | hearing problems | joint/muscle swelling | easy bruising |
| excessive bleeding | difficulty breathing | regular cough | arm/leg swelling |
| heart racing in your chest | difficulty swallowing | heartburn/indigestion | post menopause |
| urinary incontinence | blood in urine | pregnant or think you might be | stress at home or work |
| weight loss/gain | bowel/bladder irregularities | abdominal pain/problems | |
| blood in stools | menstrual irregularities | night pain or night sweats | |

If you circled any of the above, are you under a physician's care for this/these conditions? Y N

Patient Signature _____ *Thank you for taking time to complete this questionnaire.*



PATIENT DEMOGRAPHIC INFORMATION

Date _____

First _____ MI _____ Last _____ DOB _____ Age _____

Male / Female Married / Single / Widowed / Child Soc. Sec. # _____

Home Address _____

City _____ State _____ Zip _____ Email _____

Home# _____ Cell# _____ Work# _____

Employer _____ Occupation _____

Emergency Contact _____ Phone# _____

How did you hear about our office? _____

IF PATIENT IS A MINOR:

Father: Name _____ Phone# _____

Mother: Name _____ Phone# _____

INSURANCE INFORMATION

Primary Insurance _____ Policy Holder Name _____

Policy Holder DOB _____ Relationship _____

Secondary Insurance _____ Policy Holder Name _____

Policy Holder DOB _____ Relationship _____

HOME ADDRESS OF POLICY HOLDER if different than patient's _____

Is this a liability injury? Yes No If yes, please check one: Worker's Comp _____ Auto _____ Other _____

Claim#: _____ Contact Person _____ Phone _____

Are you being represented by an attorney? Yes No

If yes:

Attorney Name _____ Phone _____

Address _____

I acknowledge that I have reviewed the information listed and confirm that there are no changes to my demographic and insurance information.

Initials _____ Date _____ Initials _____ Date _____ Initials _____ Date _____

Initials _____ Date _____ Initials _____ Date _____ Initials _____ Date _____



Making Better Lives.

Rock Valley
PHYSICAL THERAPY

Welcome to Rock Valley Physical Therapy

**Thank you for choosing Rock Valley and providing us the opportunity to work with you.
We hope to exceed your expectations and assist you in achieving your goals.**

Notice of Privacy Practices:

I acknowledge being offered Rock Valley Physical Therapy's *Notice of Privacy Practices* pamphlet. I have initialed here to indicate that I understand my rights through HIPAA and that I am declining this pamphlet. (*Initial Here*) _____

Authorized Person(s):

I authorize you to speak to _____, _____, _____,
_____, _____, _____, regarding my account and/or treatment.

By checking the box, I indicate that I do NOT want my Primary Care Physician (PCP) contacted regarding my care:

Authorization to Release Information:

I authorize the release of any medical or any other information to the Centers for Medicare and Medicaid Services (CMS), my insurance carrier(s), or other entities necessary to determine insurance benefits or the benefits payable for related medical services and /or supplies provided to me by Rock Valley Physical Therapy.

Financial Responsibility:

I understand that insurance billing is a service provided as a courtesy and that I am, at all times, financially responsible to Rock Valley Physical Therapy. It is my responsibility to notify Rock Valley Physical Therapy of any changes in my health care insurance coverage. If the submitted charges or any part of them are denied for payment, I am responsible for the balance. I request that payment of my services be made on my behalf to Rock Valley Physical Therapy. I understand that by signing this form, I am accepting financial responsibility, as explained above, for payment of the balance of all medical services. I also understand that Rock Valley Physical Therapy collects for copayments at the time of service.

Supply Items:

I understand that Rock Valley Physical Therapy may, during the course of treatment, recommend purchase of a supply item. Supply items may or may not be covered under my insurance plan. I understand that it is my financial responsibility to pay for any item in full if it is not covered under my insurance plan.

This is to verify that I have read and agree with the above.

Patient or Responsible Party

Date

Home Address of *Responsible Party* if different than the Patient:

Non-Discrimination Policy:

Rock Valley Physical Therapy does not discriminate against any person on the basis of race, color, national origin, disability, or age in admission, treatment, or participation in its programs, services and activities, or in employment. For further information about this policy, contact the administrative assistant at (309)-743-2070. TDD/Relay Iowa.