

Name: _____ **Date:** _____

Age: _____ **Sex:** Male ___ Female ___ **Dominant Hand:** Right ___ Left ___

Diagnosis: _____

1. Pain is difficult to describe. Circle the words that best describe your symptoms:

Burning Throbbing Aching Stabbing Tingling Twisting Squeezing
 Cramping Cutting Shooting Numbing Vague Stinging Indescribable
 Pulling Smarting Pressure Coldness Dull Other: _____

Level of symptoms: place a mark through the line to indicate the level of your pain, if zero is no pain and the end of the line is the most severe pain you can imagine having.

2. Mark your average level of pain in the last month

1 _____ 5 _____ 10
 No Pain Most Severe Pain

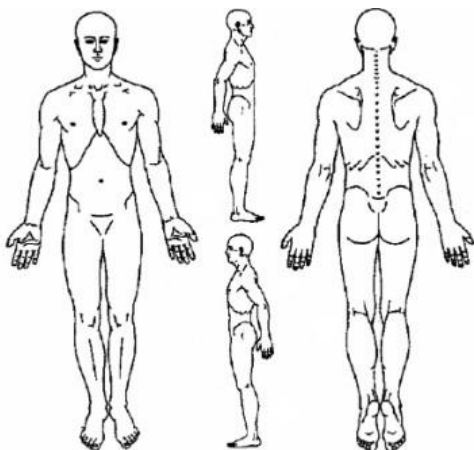
3. Mark your worst level of pain in the last week

1 _____ 5 _____ 10

4. Mark on this scale how your pain has affected your quality of life:

1 _____ 5 _____ 10
 Very Little A large amount

5. Where is your pain? (Draw on diagram)



Name _____

6. How did the pain that you are now experiencing occur?
Sudden onset Slow progressive onset "Flare up" of a prior injury

7. Does movement have any effect on your pain?
Makes it better Makes it worse No change

8. Does weather have any effect on your pain?
Makes it better Makes it worse No change

9. Do you have trouble with sleep because of your pain?
Trouble falling asleep awakened from sleep No trouble sleeping

10. Are you involved in any legal action regarding your physical complaint?
No Yes

11. Are you presently a victim of abuse?
No Yes No comment

12. Are you able to do your normal work and/or household chores?
Limited a lot Limited a little Not limited at all

13. How would you rate your overall health?
Excellent Good Fair Poor

Describe the problem for which you seek physical therapy _____

Describe how are you taking care of the problem now _____

Describe what makes the problem better and what makes it worse _____

Please list your goals for physical therapy. What would you like to be able to do when you are finished? Please be as specific as possible.

If there is any medical or medication history that has changed since the last time you saw your doctor? _____

Upper Extremity Functional Scale

We are interested in knowing whether you are having any difficulty at all with the activities listed below because of your upper limb problem for which you are currently seeking attention. Please check (✓) an answer for **each** activity.

Today, do you or would you have any difficulty at all with:

Activities	Extreme Difficulty Or Unable to Perform Activity	Quite a Bit of Difficulty	Moderate Difficulty	A Little Bit of Difficulty	No Difficulty
Any of your usual work, household, or school activities					
Your usual hobbies, recreational or sporting activities					
Lifting a bag of groceries to waist level					
Lifting a bag of groceries above your head					
Grooming your hair					
Pushing up on your hands (e.g., from bathtub or chair)					
Preparing food (e.g., peeling, cutting)					
Driving					
Vacuuming, sweeping, or raking					
Dressing					
Doing up buttons					
Using tools or appliances					
Opening doors					
Cleaning					
Tying or lacing shoes					
Sleeping					
Laundering clothes (e.g., washing, ironing, folding)					
Opening a jar					
Throwing a ball					
Carrying a small suitcase with your affected limb)					

Stratford P, Binkley JM, Stratford POW. Development and initial validation of the upper extremity functional index. Physiotherapy Canada Fall 2001;259-266, 281.

Patient name: _____ Signature: _____ Date: _____

Score _____/80

MDC (minimum detectable change) = 9 pts

Error +/- 5 scale points



Valued COPC Physical Therapy Patient:

At Central Ohio Primary Care, it is our goal to give you the best care possible. In order to best serve all of our patients, we request the following:

- If you cannot keep your scheduled appointment, please call us at the number above to cancel the appointment at least 24 hours prior to the visit.
- If you miss an appointment, and fail to call to re-schedule or cancel, you may be assessed a No Show/Late Cancellation fee of \$50.00 for an initial evaluation or \$25.00 for an established follow-up visit.
- If you have 3 cancellations within a consecutive 3 week period, the Physical Therapist will be notified and will determine if your therapy should resume, or be discontinued.
- If you will be more than 10 minutes late, we may ask you to re-schedule your appointment. This will assure that we are giving you the full time you deserve to address all of your needs during treatment.

Thank you for helping us to provide our patients with the most convenient scheduling possible!

I have read this physical therapy policy and agree to the above.

Today's Date: _____

Printed Name: _____

Signature: _____