OrthoRehab PHYSICAL THERAPY

THERAPIST OWNED & OPERATED

PATIENT INFORMATION

Patient's Legal Name _____ Social Security # _____ Sex M ◯ F ◯

Birth Date _____ Age _____ Marital Status: Married ◯ Single ◯ Widowed ◯ Divorced ◯ Separated ◯

Mailing Address _____ City _____ State _____ Zip _____

Home # _____ Work #_____ Cell # _____

Do we have permission to leave a message on your phone? Yes ◯ No ◯

Text or email appointment reminders/communication? Yes ◯ No ◯ Email:_____

Have you received home health services in the last 60 days? Yes ◯ No ◯

List other providers you are treating with (excluding your MD): _____

SPOUSE, PARENT/LEGAL GUARDIAN & EMERGENCY CONTACT INFORMATION

Name _____ Relationship _____ Birth Date _____ Sex M ◯ F ◯

Work # _____ Cell # _____

Place of Employment _____ Occupation _____

In case of emergency, please contact: _____ Relationship _____

Home # _____ Work # _____ Cell # _____

ACCIDENT INSURANCE INFORMATION – present ID to front desk personnel

PLEASE COMPLETE: **Work Related** Yes ◯ No ◯ **Auto Accident** Yes ◯ No ◯ **Other Accident** Yes ◯ No ◯

Accident Insurance _____ Claim #_____

Adjuster's Name & Phone Number _____

Date of Accident _____ Describe _____

HEALTH INSURANCE INFORMATION - present ID & insurance card(s) to front desk personnel

Primary Insurance _____ Secondary Insurance _____

Subscriber's Name _____ Subscriber's Name _____

Birth Date of Policy Holder _____ Birth Date of Policy Holder _____

ADDITIONAL INFORMATION

Place of Employment _____ Occupation _____

Family Physician _____ Referring Physician _____

Orthopedic Rehab Inc. will arrange a payment plan and/or assist me with Care Credit, when necessary. Unless payment arrangements are made with Orthopedic Rehab Inc., past due balances will be sent to an outside collection agency. I understand that should I default on payment of my account and collection agency services are required, all costs of collection including legal fees, up to 45%, will be added to the balance of my account. This signed document covers my entire episode of care, which comprises all charges/visits/treatment throughout the duration of care.

Signature _____ Date _____

Policy

CONSENT TO USE AND DISCLOSURE OF PROTECTED HEALTH CARE INFORMATION FOR TREATMENT, PAYMENT AND HEALTH CARE OPTIONS

I understand that:

- As part of my health care, Orthopedic Rehab Inc. originates and maintains health records describing my health records describing my health history, symptoms, examinations, diagnoses, and treatment.
- The use and disclosure of my protected health information (PHI) by Orthopedic Rehab Inc. is necessary to provide my medical care, obtain payment for my treatment, and carry out the practice's health care operations.
- Orthopedic Rehab Inc. uses PHI to communicate with you via your phone and email for purposes as appointment reminders and review requests. This information is private and used for communicating content to you, the patient. PHI is never shared or sold for any other reason.
- I have the option to receive a copy of **Orthopedic Rehab Inc. Notice of Privacy Practices** which provides a more complete description of the use and disclosure of my health information, and that I have the right to review that Notice prior to signing this consent. I also understand that Orthopedic Rehab Inc. reserves the right to change the Notice and its privacy practices at any time and that if I request, Orthopedic Rehab Inc. will mail me a copy of any revised Notice prior to its implementation.

I give Orthopedic Rehab Inc. permission to talk to the following people regarding my account and health information:

NAME:

_____

RELATIONSHIP TO PATIENT:

_____

CANCELLATION AND NO-SHOW POLICY

Your appointments are reserved especially for you and are very important to our team. We understand that sometimes schedule changes are necessary and therefore, we respectfully request at least 24-hour notice for cancellations or rescheduling of appointments. Because of the busy nature of our clinic, 24-hour notice allows us time to offer your appointment to another patient. Missed scheduled appointment, without providing 24-hour advanced notice, will be charged a $25 fee.

ASSIGNMENT OF BENEFITS AND INSURANCE DISCLAIMER

I authorize my health insurance to make payment of medical benefits directly to Orthopedic Rehab Inc. I understand that I am liable for any charges incurred should my insurance or the liable party's insurance deny payment for ANY reason.

Although Orthopedic Rehab Inc. contracts with most insurance providers, they bill my insurance as a courtesy to me. I will provide all pertinent and related insurance information, including any accident, automobile, liability, and or health insurance. Orthopedic Rehab Inc. reserves the right to lien patient recoveries from legal or insurance settlements for unpaid charge when permitted by law. Orthopedic Rehab Inc. will not bill attorneys for claims.

I am responsible for knowing what my medical and outpatient physical therapy benefits are. **I agree to pay any co-payments, co-insurance, and deductibles at the time of service and understand I may be billed for any unmet patient responsibility.**

Orthopedic Rehab Inc. will arrange a payment plan and/or assist me with Care Credit, when necessary. Unless payment arrangements are made with Orthopedic Rehab Inc., past due balances will be sent to an outside collection agency. I understand that should I default on payment of my account and collection agency services are required, all costs of collection including legal fees, up to 45%, will be added to the balance of my account. This signed document covers my entire episode of care, which comprises all charges/visits/treatment throughout the duration of care.

_____ _____

PATIENT OR GUARANTOR SIGNATURE DATE

Medical History

OrthoRehab PHYSICAL THERAPY

NAME: _____

AGE: _____ HEIGHT: _____ WEIGHT: _____

WHAT EASES YOUR PAIN? _____

WHAT MAKES YOUR PAIN WORSE? _____

WHAT ARE YOUR GOALS IN PHYSICAL THERAPY?

_____

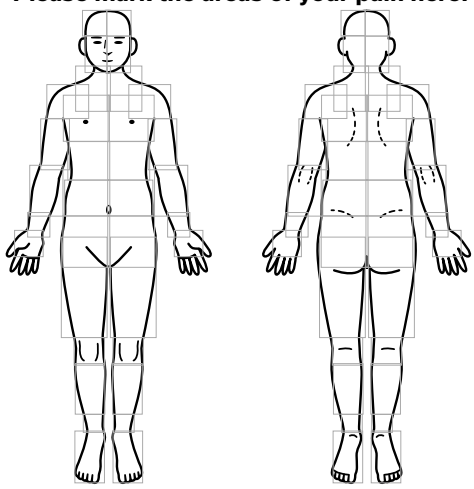
HAVE YOU HAD PREVIOUS TREATMENT FOR THIS PROBLEM?

PLEASE SPECIFY: PT ☐ CHIROPRACTIC ☐ OTHER _____

HAVE YOU HAD ANY OF THE FOLLOWING TESTS?

X-RAY ☐ CT SCAN ☐ MRI ☐ EMG ☐

Please mark the areas of your pain here:



Please mark any of the following past and current conditions that apply to you *(be as thorough as possible)*:

CONDITION	YES	NO
Allergies	◯	◯
Anemia	◯	◯
Anxiety	◯	◯
Arthritis	◯	◯
Asthma	◯	◯
Autoimmune Disorder	◯	◯
Cancer	◯	◯
Cardiac Conditions	◯	◯
Cardiac Pacemaker	◯	◯
Chemical Dependency	◯	◯
Circulation Problems	◯	◯
Currently Pregnant	◯	◯
Depression	◯	◯
Diabetes	◯	◯

CONDITION	YES	NO
Dizzy Spells	◯	◯
Emphysema/Bronchitis	◯	◯
Fibromyalgia	◯	◯
Fractures	◯	◯
Gallbladder Problems	◯	◯
Headaches	◯	◯
Hearing Impairment	◯	◯
Hepatitis	◯	◯
High Cholesterol	◯	◯
High/Low Blood Pressure	◯	◯
HIV/AIDS	◯	◯
Incontinence	◯	◯
Kidney Problems	◯	◯
Metal Implants	◯	◯

CONDITION	YES	NO
MRSA	◯	◯
Multiple Sclerosis	◯	◯
Muscular Disease	◯	◯
Osteoporosis	◯	◯
Parkinsons	◯	◯
Rheumatoid Arthritis	◯	◯
Seizures	◯	◯
Smoking	◯	◯
Speech Problems	◯	◯
Strokes	◯	◯
Thyroid Disease	◯	◯
Tuberculosis	◯	◯
Vision Problems	◯	◯

Please explain any of the above marked "Yes" and describe any additional conditions or precautions:

Injury a result of a fall in the past year? YES ◯ NO ◯

Have you had two or more falls in the last year? YES ◯ NO ◯

Please describe **all surgeries** or hospitalizations *(continue on back side if necessary)*:

SURGERY TYPE: **DATE** *(mm/yyyy)*:

Please list **all medications** you are currently taking *(continue on back side if necessary)*:

MEDICATION	DOSAGE	FREQUENCY	ROUTE	REASON TAKING

SIGNATURE: _____ **DATE:** _____

OrthoRehab
PHYSICAL THERAPY

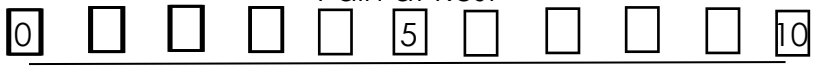
Name: _____

Date: _____

Pain Scales

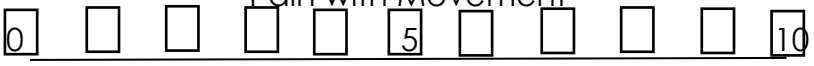
Please make a slash on the following lines to indicate your level of pain.

Pain at Rest



No Pain Worst Pain Imaginable

Pain with Movement

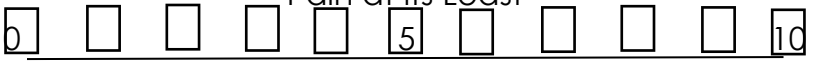


No Pain Worst Pain Imaginable

Pain at its Worst

No Pain Worst Pain Imaginable

Pain at its Least



No Pain Worst Pain Imaginable

OrthoRehab PHYSICAL THERAPY

Patient's Name _____ Date _____

LOW BACK DISABILITY QUESTIONNAIRE (REVISED OSWESTRY)

This questionnaire has been designed to give the doctor information as to how your back pain has affected your ability to manage in everyday life. **Please answer every section and mark in each section only ONE box** which applies to you. We realize you may consider that two of the statements in any one section relate to you, but **please just mark the box which MOST CLOSELY describes your problem.**

Section 1 - Pain Intensity

- ☐ I can tolerate the pain without having to use painkillers.
- ☐ The pain is bad but I can manage without taking painkillers.
- ☐ Painkillers give complete relief from pain.
- ☐ Painkillers give moderate relief from pain.
- ☐ Painkillers give very little relief from pain.
- ☐ Painkillers have no effect on the pain and I do not use them.

Section 2 -- Personal Care (Washing, Dressing, etc.)

- ☐ I can look after myself normally without causing extra pain.
- ☐ I can look after myself normally but it causes extra pain.
- ☐ It is painful to look after myself and I am slow and careful.
- ☐ I need some help but manage most of my personal care.
- ☐ I need help every day in most aspects of self care.
- ☐ I do not get dressed, I wash with difficulty and stay in bed.

Section 3 – Lifting

- ☐ I can lift heavy weights without extra pain.
- ☐ I can lift heavy weights but it gives extra pain.
- ☐ Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example on a table.
- ☐ Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.
- ☐ I can lift very light weights.
- ☐ I cannot lift or carry anything at all.

Section 4 – Walking

- ☐ Pain does not prevent me from walking any distance.
- ☐ Pain prevents me from walking more than one mile.
- ☐ Pain prevents me from walking more than one-half mile.
- ☐ Pain prevents me from walking more than one-quarter 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.

Section 5 -- Sitting

- ☐ I can sit in any chair as long as I like
- ☐ I can only sit in my favorite chair as long as I like
- ☐ Pain prevents me from sitting more than one hour.
- ☐ Pain prevents me from sitting more than 30 minutes.
- ☐ Pain prevents me from sitting more than 10 minutes.
- ☐ Pain prevents me from sitting almost all the time.

Scoring: Questions are scored on a vertical scale of 0-5. Total scores and multiply by 2. Divide by number of sections answered multiplied by 10. A score of 22% or more is considered significant activities of daily living disability.
(Score___ x 2) / (____Sections x 10) = _____ %ADL

THIS SECTION FOR THERAPIST

Section 6 – Standing

- ☐ I can stand as long as I want without extra pain.
- ☐ I can stand as long as I want but it gives extra pain.
- ☐ Pain prevents me from standing more than 1 hour.
- ☐ Pain prevents me from standing more than 30 minutes.
- ☐ Pain prevents me from standing more than 10 minutes.
- ☐ Pain prevents me from standing at all.

Section 7 -- Sleeping

- ☐ Pain does not prevent me from sleeping well.
- ☐ I can sleep well only by using tablets.
- ☐ Even when I take tablets I have less than 6 hours sleep.
- ☐ Even when I take tablets I have less than 4 hours sleep.
- ☐ Even when I take tablets I have less than 2 hours sleep.
- ☐ Pain prevents me from sleeping at all.

Section 8 – Social Life

- ☐ My social life is normal and gives me no extra pain.
- ☐ My social life is normal but increases the degree of pain.
- ☐ Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g. dancing.
- ☐ Pain has restricted my social life and I do not go out as often.
- ☐ Pain has restricted my social life to my home.
- ☐ I have no social life because of pain.

Section 9 – Traveling

- ☐ I can travel anywhere without extra pain.
- ☐ I can travel anywhere but it gives me extra pain.
- ☐ Pain is bad but I manage journeys over 2 hours.
- ☐ Pain is bad but I manage journeys less than 1 hour.
- ☐ Pain restricts me to short necessary journeys under 30 minutes.
- ☐ Pain prevents me from traveling except to the doctor or hospital.

Section 10 – Changing Degree of Pain

- ☐ My pain is rapidly getting better.
- ☐ My pain fluctuates but overall is definitely getting better.
- ☐ My pain seems to be getting better but improvement is slow at the present.
- ☐ My pain is neither getting better nor worse.
- ☐ My pain is gradually worsening.
- ☐ My pain is rapidly worsening.

Comments_____

Reference: Fairbank, Physiotherapy 1981; 66(8): 271-3, Hudson-Cook. In Roland, Jenner (eds.), Back Pain New Approaches To Rehabilitation & Education. Manchester Univ Press, Manchester 1989: 187-204