

# Confidential Patient Information

Today's Date: \_\_\_\_\_

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_ Social Security #: \_\_\_\_\_ Age: \_\_\_\_\_

Would you like to receive a  text or  e-mail reminder of your appointments?  Yes  No

Male  Female Marital Status:  Married  Single  Divorced  Other \_\_\_\_\_

Name of Spouse or Nearest Relative: \_\_\_\_\_ Phone: \_\_\_\_\_

Your Occupation \_\_\_\_\_ Your Employer: \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

Name of Insurance Co.: \_\_\_\_\_

Are you covered by more than one insurance company?  Yes  No Name \_\_\_\_\_

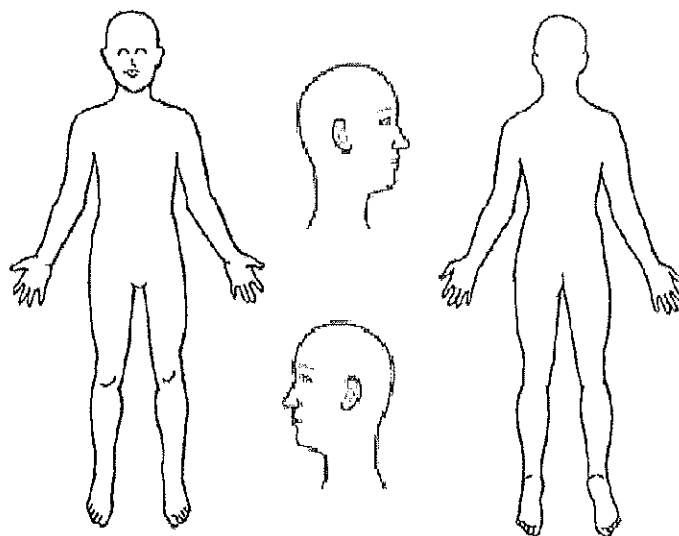
*List present complaints, injuries and duration:*

*Please mark your area of pain on the figures below:*

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

*Remarks and details of any accident:*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



*List other doctors consulted for present complaints and injuries:*

Name: \_\_\_\_\_ When Consulted: \_\_\_\_\_

Diagnosis: \_\_\_\_\_ Treatment: \_\_\_\_\_

How long did you see the Doctor? \_\_\_\_\_ How frequently: \_\_\_\_\_

Results: \_\_\_\_\_

Name: \_\_\_\_\_ When Consulted: \_\_\_\_\_

Diagnosis: \_\_\_\_\_ Treatment: \_\_\_\_\_

How long did you see the Doctor? \_\_\_\_\_ How frequently: \_\_\_\_\_

Results: \_\_\_\_\_

*Present Family Doctor:* \_\_\_\_\_ *Date of last physical examination:* \_\_\_\_\_

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

Date: \_\_\_\_\_

**MEDICAL/FAMILY HISTORY**

**S = Self M = Mother F = Father**

*(Please indicate which PAST conditions have been experienced prior to present complaint by marking appropriate boxes).*

S	M	F	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Heart Disease
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Anemia
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Arthritis
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Asthma
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Back pain
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Bladder trouble
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Bone fracture
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cancer
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Chest pain
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Concussion
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Convulsions
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Diabetes
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Indigestion

S	M	F	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dislocated joints
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Epilepsy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Measles
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Headaches
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Heart trouble
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Reproductive disorders
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	High blood pressure
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	HIV/ARC
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Kidney disorder
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Bowel control loss
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Menstrual cramps
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Multiple Sclerosis
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Muscular Dystrophy

S	M	F	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Neck pain
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Nervousness
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Numbness
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Polio
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Poor circulation
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hepatitis
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Rheumatic Fever
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Scarlet Fever
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Serious injury
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sinus trouble
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Stroke
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tuberculosis
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Venereal disease

Do you smoke? Yes \_\_\_\_ No \_\_\_\_ If so, how many packs per day? \_\_\_\_\_

Do you drink alcohol? Yes \_\_\_\_ No \_\_\_\_ If yes, how often and how much? \_\_\_\_\_

Do you use Illicit drugs? Yes \_\_\_\_ No \_\_\_\_ If yes, describe: \_\_\_\_\_

What surgeries have you had?

Type/When/Doctor/Remarks: \_\_\_\_\_

List former serious accidents and falls: (*circle one* ~ auto, work, home, leisure, sports, other)

What/When/Symptoms/Treatment/Results: \_\_\_\_\_

List broken bones:

What/When/Remarks: \_\_\_\_\_

List *Medications* and/or *diet supplements* you take and any *Allergies*:

What/Frequency/Doctors/Side Effects/Allergies/Remarks: \_\_\_\_\_

Environment:

- Work ~ Please circle appropriate answer
- Seated/Standing ~ Work Bench/Desk/Counter/Other: \_\_\_\_\_
- Job Involves ~ Lifting/Bending/Stooping/Twisting/Carrying/Walking/Standing/Other: \_\_\_\_\_
- Chair ~ Executive/Steno/Bench/Stool/Folding/Other: \_\_\_\_\_
- Shoes ~ High heels/Boots/Other: \_\_\_\_\_

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

Date: \_\_\_\_\_

Leisure:

- Sedentary activities? Standing/Seated/Lying? TV/Reading/Card Games/Sewing/Other (Please describe) \_\_\_\_\_
- Strenuous activities? Exercise ~ Type/Frequency/Length of time? \_\_\_\_\_
- Sports ~ Type/Frequency/Length of time? \_\_\_\_\_
- If you have discontinued sports or strenuous activities, why the change? \_\_\_\_\_
- Exert Yourself ~ Frequently/Occasionally/Rarely/Never? Describe how: \_\_\_\_\_

## Review of Systems

- |   |  |   |   |
|---|--|---|---|
| <b>General</b>                                | <b>Neck</b>                                      | <b>Genital</b>                                | <b>Neurological</b>                         |
| <input type="checkbox"/> Weight Loss or Gain  | <input type="checkbox"/> Lumps                   | <b>Male</b>                                   | <input type="checkbox"/> Dizziness          |
| <input type="checkbox"/> Fatigue              | <input type="checkbox"/> Swollen Glands          | <input type="checkbox"/> Pain with sex        | <input type="checkbox"/> Fainting           |
| <input type="checkbox"/> Fever or Chills      | <input type="checkbox"/> Neck Pain               | <input type="checkbox"/> Hernia               | <input type="checkbox"/> Seizures           |
| <input type="checkbox"/> Trouble Sleeping     | <input type="checkbox"/> Neck Stiffness          | <input type="checkbox"/> Penile Discharge     | <input type="checkbox"/> Weakness           |
| <b>Skin</b>                                   | <b>Respiratory</b>                               | <input type="checkbox"/> Penile Sores         | <input type="checkbox"/> Numbness           |
| <input type="checkbox"/> Rashes/Wounds        | <input type="checkbox"/> Cough                   | <input type="checkbox"/> Lumps or Masses      | <input type="checkbox"/> Tingling           |
| <input type="checkbox"/> Itching              | <input type="checkbox"/> Coughing up Blood       | <input type="checkbox"/> Erectile Dysfunction | <input type="checkbox"/> Tremors            |
| <input type="checkbox"/> Dryness              | <input type="checkbox"/> Shortness of Breath     | <input type="checkbox"/> STD's                | <b>Hematologic</b>                          |
| <input type="checkbox"/> Color Changes        | <input type="checkbox"/> Wheezing                | <b>Female</b>                                 | <input type="checkbox"/> Bleeding Disorder  |
| <input type="checkbox"/> Hair/Nail changes    | <input type="checkbox"/> Painful Breathing       | <input type="checkbox"/> Pain with Sex        | <input type="checkbox"/> Easy Bruising      |
| <b>Head</b>                                   | <b>Cardiovascular</b>                            | <input type="checkbox"/> Vaginal Dryness      | <b>Endocrine</b>                            |
| <input type="checkbox"/> Headache             | <input type="checkbox"/> Chest pain              | <input type="checkbox"/> Hot Flashes          | <input type="checkbox"/> Hot Intolerant     |
| <input type="checkbox"/> Head Injury          | <input type="checkbox"/> Tightness               | <input type="checkbox"/> Vaginal Discharge    | <input type="checkbox"/> Cold Intolerant    |
| <b>Ears</b>                                   | <input type="checkbox"/> Palpitations            | <input type="checkbox"/> Itching or Rash      | <input type="checkbox"/> Frequent Sweating  |
| <input type="checkbox"/> Trouble Hearing      | <input type="checkbox"/> Swelling                | <input type="checkbox"/> STD's                | <input type="checkbox"/> Frequent Urination |
| <input type="checkbox"/> Ear Pain             | <b>Vascular</b>                                  | <b>Breasts</b>                                | <input type="checkbox"/> Frequent Thirst    |
| <b>Eyes</b>                                   | <input type="checkbox"/> Calf Pain with Walking  | <input type="checkbox"/> Lumps                | <input type="checkbox"/> Frequent Hunger    |
| <input type="checkbox"/> Glasses or Contacts  | <input type="checkbox"/> Leg Cramping            | <input type="checkbox"/> Pain                 | <b>Psychiatric</b>                          |
| <input type="checkbox"/> Eye Pain             | <b>Gastrointestinal</b>                          | <input type="checkbox"/> Discharge            | <input type="checkbox"/> Nervousness        |
| <input type="checkbox"/> Redness              | <input type="checkbox"/> Swallowing Difficulties | <input type="checkbox"/> Self Exams           | <input type="checkbox"/> Anxiety            |
| <input type="checkbox"/> Blurry/Double Vision | <input type="checkbox"/> Heartburn               | <b>Musculoskeletal</b>                        | <input type="checkbox"/> Depression         |
| <input type="checkbox"/> Flashing Lights      | <input type="checkbox"/> Change in Appetite      | <input type="checkbox"/> Muscle Pain          | <input type="checkbox"/> Memory Loss        |
| <input type="checkbox"/> Seeing Specks        | <input type="checkbox"/> Nausea or Vomiting      | <input type="checkbox"/> Joint Pain           | <input type="checkbox"/> Stress             |
| <b>Nose</b>                                   | <input type="checkbox"/> Change in Bowel Habits  | <input type="checkbox"/> Stiffness            |   |
| <input type="checkbox"/> Sinus Pain           | <input type="checkbox"/> Rectal Bleeding         | <input type="checkbox"/> Redness of Joints    |   |
| <input type="checkbox"/> Nasal Discharge      | <input type="checkbox"/> Constipation            | <input type="checkbox"/> Swelling of Joints   |   |
| <input type="checkbox"/> Hay Fever            | <input type="checkbox"/> Diarrhea                | <input type="checkbox"/> Trauma               |   |
| <input type="checkbox"/> Nose Bleeds          | <input type="checkbox"/> Incontinence            |   |   |
| <input type="checkbox"/> Trouble Smelling     | <input type="checkbox"/> Yellow Eyes or Skin     |   |   |
| <input type="checkbox"/> Post-Nasal Drip      | <b>Urinary</b>                                   |   |   |
| <b>Throat</b>                                 | <input type="checkbox"/> Frequency               |   |   |
| <input type="checkbox"/> Sore Tongue          | <input type="checkbox"/> Urgency                 |   |   |
| <input type="checkbox"/> Sore Throat          | <input type="checkbox"/> Burning or Pain         |   |   |
| <input type="checkbox"/> Hoarse Voice         | <input type="checkbox"/> Blood in Urine          |   |   |
| <input type="checkbox"/> Thrush               | <input type="checkbox"/> Incontinence            |   |   |
| <input type="checkbox"/> Non-healing Sores    |  |   |   |

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

Date: \_\_\_\_\_

### Certification and Assignment

To the best of my knowledge, the above information is complete and correct. I understand that it is my responsibility to inform my doctor if I, or my minor child, ever have a change in health.

I certify that I, and or my dependent(s), have insurance coverage with \_\_\_\_\_ and assign directly to **Complete Family Chiropractic Health Care or Tarpon Spine & Medical Center** all insurance benefits, if any, otherwise payable to me for services rendered. I understand that I am financially responsible for all charges whether or not paid by insurance. I authorize the use of my signature on all insurance submissions.

The above-named doctor/practice may use my health care information to the above-named Insurance Companies and their agents for the purpose of obtaining payment for services and determining insurance benefits or the benefits payable for related services. This consent will end when my current treatment plan is completed or one year from the date signed below.

\_\_\_\_\_  
Signature of Patient or Guardian

\_\_\_\_\_  
Date

### Financial Responsibility Agreement

I, the undersigned, have read and agreed to the following office procedure policies of:

**Complete Family Chiropractic Health Care and/or Tarpon Spine & Medical Center.**

1. Payment is expected in full as services are rendered unless prior financial arrangements have been made.
2. The patient is responsible for any portion of an insurance claim which is not paid by their insurance company.
3. Patients involved in legal suits are responsible for any portion not paid by their insurance company. In the event of a legal settlement, all medical bills to **Complete Family Chiropractic Health Care and/or Tarpon Spine & Medical Center** shall be paid out of settlement funds and before disbursement of settlement funds.
4. Any outstanding balances of thirty (30) days of age or greater are automatically presented to a collections attorney. A 30% fee is assessed to each account and the patient is responsible for all attorney fees and court fees.
5. Payment plans are available and will be privately discussed between the Doctor/Office Manager and patient upon the patient's request.

**Financial Responsibility Statement:** I understand and agree that insurance policies are an arrangement between an insurance carrier and myself. Furthermore, I understand that the Doctor's office will prepare any necessary reports and forms to assist me in making collection from the insurance company and that any amount authorized to be paid directly to the Doctor's office will be credited to my account upon receipt. However, I clearly understand and agree that all services rendered me are charged directly to me and that I am personally responsible for payment. I also understand that if I suspend or terminate my care and treatment, against the Doctor's recommendations, my account balance will be immediately due and payable.

\_\_\_\_\_  
Signature of Patient or Guardian

\_\_\_\_\_  
Date

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

Date: \_\_\_\_\_

## Authorization Notice for the Use and Disclosure of Patient's Protected Health Information

1. I am authorizing Complete Family Chiropractic Health Care or Tarpon Spine & Medical Center and staff to use my name out loud in order to call me back to a room for treatment.
2. I understand that in this practice, open bay adjusting and open bay therapy are used. If at any time I need to speak with the doctor in private, I can make this request and set up a special consultation time with the receptionist.
3. I understand that if the practice intends to use my name for advertising purpose or for testimonial purpose, they must further get my permission.
4. I understand that this authorization is voluntary.
5. I am authorizing Complete Family Chiropractic Health Care or Tarpon Spine & Medical and staff to use and/or disclose my protected health information (PHI) to Insurance Companies, Lawyers, and Doctors for all health care delivery purposes, which are known as treatment, payment, and health care operation (TPO).
6. I understand that this office will not receive financial or in-kind compensation in exchange for using or disclosing any of my health information.
7. I understand that I may request a copy of this form at any time for any reason and it will be provided for me.
8. This form and the Notice of Privacy Practices for Protected Health Information were completely read and filled in by me before I signed it. I certify that all my questions were answered to my satisfaction and that I understand this authorization form and its contents.
9. I further understand that this authorization is valid from today until I ask for a change in this policy in writing.
10. Chiropractic care and medical care, like all forms of health care, while offering considerable benefit may also provide some level of risk. This level of risk is most often very minimal, yet in rare cases injury has been associated with chiropractic care. The types of complications that have been reported secondary to chiropractic care include sprain/strain injuries, irritation of a disc condition, and rarely, fractures. One of the rarest complications associated with chiropractic care, occurring at a rate between one instances per one million to one per two million cervical spine (neck) adjustments may be a vertebral artery injury that could lead to stroke.  
Prior to receiving chiropractic care in our office, a health history and physical examination will be completed. These procedures are performed to assess your specific condition, your overall health and, in particular, your spine health. These procedures will assist us in determining if chiropractic care is needed. In addition, they will help us determine if there is any reason to modify your care or provide you with a referral to another health care provider. All relevant findings will be reported to you along with a care plan prior to beginning care.
11. By supplying my home phone number, mobile phone number, email address and any other personal contact information. I authorize my healthcare provider to employ a third-party automated outreach and messaging system to use my personal information, the name of my care provider, the time and place of my scheduled appointment(s) and other limited information, for the purpose of notifying me of a pending appointment, a missed appointment, overdue wellness exam, balances due, lab results or other communications.

I also authorize my healthcare provider to disclose to third parties who may intercept these messages, limited protected health information (PHI) regarding my healthcare events.

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I understand and accept there are risks associated with treatment and give my consent to the examinations that the doctor deems necessary, and to the chiropractic care including spinal adjustments, as reported following my assessment. I also understand all of the above procedures used by this office and give my consent to those.

\_\_\_\_\_  
Signature of Patient or Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Witness (Office Representative)

\_\_\_\_\_  
Date

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

Date: \_\_\_\_\_

### Office Rules and Guidelines

1. I agree to the following appointment schedule. I understand that I will be expected to make up any missed appointments. All missed appointments must be made up within 7 days or there will be a \$10 fee if appointment is not made up.
2. I agree to follow all other recommendations made by the doctor(s), including the proper use of rehabilitation equipment, doing my exercises as prescribed, etc.
3. I agree to make a personal financial agreement and promptly fill out all necessary medical, legal, and insurance forms to aid in the timely payment for my care.
4. Our appointment space is very valuable. **There is a \$10 fee for all missed appointments.** We prefer a 24 hour notice if you are going to cancel your appointment.

**Our office hours are:**

Monday, Wednesday and Thursday 8:00 a.m. ~ 6:00 p.m.

Tuesday 9:00 a.m. ~ 6:00 p.m.

Friday 9:00 a.m. ~ 5:00 p.m.

*The office is closed every day between 12:00 p.m. ~ 2:00 p.m.*

We have a 24 hour answering service that will take your call if needed. If any emergencies arise the staff/doctor will be notified. The staff/doctor will return the call in a timely manner.

5. Please no use of cell phones in the reception area. Please turn them off while in the treatment areas. If you need to make a call we ask that you please make it outside the office.
6. If you are going to bring a guest, please have them check in with the front desk before you receive treatment.
7. Please be polite and courteous to all staff members and patients. Please respect all rehab equipment. We use this to correct your spine and improve your treatment progress.
8. You have the right to deny any treatment that you feel is excessive or unnecessary.
9. We are concerned about the safety of your children. Please observe them at all times.
10. If you have an outstanding balance on your account that is not paid within 90 days we will turn your account over for collections. I understand and agree that all legal fees and/or attorney fees associated with collection will be my responsibility.
11. We file your insurance as a courtesy to you. We will file your claims 3 times and provide follow up on the claims. If your insurance does not pay after 3 filings, the amount will be turned over to you. The balance will be due and it will be your responsibility.

I have read and understood the above guidelines for Complete Family Chiropractic Health Care or Tarpon Spine & Medical Center.

\_\_\_\_\_  
Signature of Patient or Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Witness (Office Representative)

\_\_\_\_\_  
Date



## Allergy Assessment

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

1. Have you ever been diagnosed with Allergies?  Yes  No

If yes, please tell when you were diagnosed with which allergies: \_\_\_\_\_

\_\_\_\_\_

2. Are you currently taking or have you within the last year taken any prescribed or over the counter medications for allergies, hay fever or nasal congestion?  Yes  No

If yes, please list all that apply: \_\_\_\_\_

\_\_\_\_\_

3. Have you ever been diagnosed with asthma?  Yes  No

If yes, is your doctor currently treating your asthma with medications?  Yes  No

- Please list any medications (this includes inhalers) that apply: \_\_\_\_\_

\_\_\_\_\_

Please check any/all of the following symptoms listed below that you experience on numerous occasions throughout the year. Please note, these include seasonal changes. You may not be experiencing these symptoms now, but may experience them regularly during a different season of the year.

\_\_\_ Stuffy Nose

\_\_\_ Cough

\_\_\_ Runny Nose

\_\_\_ Post Nasal Drip

\_\_\_ Nasal Congestion

\_\_\_ Headaches

\_\_\_ Itchy Eyes

\_\_\_ Trouble Sleeping

\_\_\_ Watery Eyes

\_\_\_ Fatigue

\_\_\_ Itchy Throat

\_\_\_ Skin Rash

\_\_\_ Sore Throat

\_\_\_ Hives

\_\_\_ Swollen/Puffy Eyes

\_\_\_ Itchy Skin (Skin Irritation in general)

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



# Electronic Health Records Intake Form

*In compliance with requirements for the government EHR incentive program*

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

Email address: \_\_\_\_\_@\_\_\_\_\_.com

*CMS requires providers to report both race and ethnicity*

Ethnicity (Check one):  Hispanic or Latino  Not Hispanic or Latino  I Decline to Answer

Race (Check one):  White (Caucasian)  Black or African American  American Indian or Alaska Native  
 Asian  Hawaiian or Pacific Islander  Other  I Decline to Answer

Gender (Check one):  Male  Female

Preferred Language: \_\_\_\_\_

Smoking Status (Check one):

Every Day Smoker  Occasional Smoker  Former Smoker  Never Smoked

Are you currently taking any medications? (Please include regularly used over the counter medications)

Medication Name	Dosage (i.e. 5mg)	Directions (i.e. once a day, etc.)

Do you have any medication allergies?

Medication Name	Reaction	Onset Date	Additional Comments

I choose to decline receipt of my clinical summary after every visit. (These summaries are often blank as a result of the nature and frequency of chiropractic care)

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*For office use only*

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_ / \_\_\_\_\_ Pulse: \_\_\_\_\_

# Oswestry Questionnaire

## Section 1: Pain Intensity

- I have no pain at the moment.
- The pain is very mild at the moment.
- The pain is moderate at the moment.
- The pain is fairly severe at the moment.
- The pain is very severe at the moment.
- The pain is the worst imaginable at the moment.

## 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, 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 me extra pain.
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently placed e.g. 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 only lift very light weights.
- I cannot lift or carry anything.

## Section 4: Walking

- Pain does not prevent me walking any distance.
- Pain prevents me from walking more than 1 mile.
- Pain prevents me from walking more than ½ mile.
- Pain prevents me from walking more than ¼ mile.
- I can only walk using a stick or crutches.
- I am in bed most of the time.

## 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 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 at all.

## 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 me extra pain.
- Pain prevents me from standing for more than 1 hour.
- Pain prevents me from standing more than 30 minutes.
- Pain prevents me from standing for more than 10 minutes.
- Pain prevents me from standing at all.

## Section 7: Sleeping

- My sleep is never disturbed by pain.
- My sleep is occasionally disturbed by pain.
- Because of pain I have less than 6 hours sleep.
- Because of pain I have less than 4 hours sleep.
- Because of pain 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. sports
- 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: Travelling

- I can travel anywhere without pain.
- I can travel anywhere but it gives me extra pain.
- Pain is bad but I manage journeys over two hours.
- Pain restricts me to journeys of less than one hour.
- Pain restricts me to short necessary journeys under 30 minutes.
- Pain prevents me from traveling except to receive treatment.

## Section 10: Employment/Homemaking

- My normal homemaking/job activities do not cause pain.
- My normal homemaking/job activities increase my pain, but I can still perform all that is required of me.
- I can perform most of my homemaking/job activities, but pain prevents me from performing more physically stressful activities (e.g. lifting, vacuuming)
- Pain prevents me from doing anything but light duties.
- Pain prevents me from doing even light duties.
- Pain prevents me from performing any job or home-making chores.