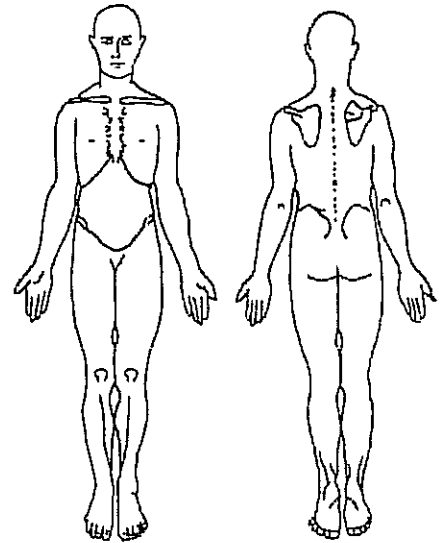




**MEDFORD
SPORTS INJURY &
THERAPY CENTER**



Mark your pain or symptoms on the body chart.

What are your symptoms? _____

When did you first notice these symptoms and/or when was your surgery if applicable? _____

Was the onset of symptoms gradual or sudden? _____

Which of the following best describes how your injury occurred? (Mark one)

- | | | |
|---------------------------------------|---|---|
| <input type="checkbox"/> lifting | <input type="checkbox"/> trauma | <input type="checkbox"/> incident at work |
| <input type="checkbox"/> car accident | <input type="checkbox"/> degenerative process | <input type="checkbox"/> unknown |
| <input type="checkbox"/> a fall | <input type="checkbox"/> sports/recreation | <input type="checkbox"/> other _____ |
| <input type="checkbox"/> overuse | <input type="checkbox"/> running | |

Are your symptoms getting: (Mark one) Better Worse Not changing

Have you previously had an injury or surgery to this body part; and when if applicable? _____

Describe your pain: (Mark all that apply) sharp dull throbbing aching burning other _____

Rate your pain on a scale from 0 to 10: (0=no pain, 10=worst possible pain)
at best _____ at rest _____ at worst _____ with activity _____

As the day progresses, do your symptoms: (Mark one) Increase Decrease Not change

Does your pain disturb your sleep? _____ While lying still? _____ When changing positions? _____

Do you have pain and/or stiffness getting out of bed in the morning? _____

What position do you sleep? (Mark all that apply)
 right side left side stomach back chair/recliner other: _____

Since the onset of your symptoms, have you had? (Mark all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Difficulty with control of bowel/bladder function | <input type="checkbox"/> Fever/Chills |
| <input type="checkbox"/> Numbness in the genital or anal area | <input type="checkbox"/> Numbness |
| <input type="checkbox"/> Malaise (vague feeling of body discomfort) | <input type="checkbox"/> Weakness |
| <input type="checkbox"/> Dizziness or fainting attacks | <input type="checkbox"/> Problems with vision/hearing |
| <input type="checkbox"/> Unexplained weight change | <input type="checkbox"/> Night pain/Sweats |
| <input type="checkbox"/> Any possibility that you could be pregnant | |

Name: _____ Date: _____

DOB: _____

Name: _____ Date: _____

DOB: _____

What aggravates your symptoms? (Mark all that apply)

- | | | | |
|--|--|---|---|
| <input type="checkbox"/> sitting | <input type="checkbox"/> up/down stairs | <input type="checkbox"/> reaching overhead | <input type="checkbox"/> coughing/sneezing |
| <input type="checkbox"/> standing | <input type="checkbox"/> sustained positions | <input type="checkbox"/> reaching out from body | <input type="checkbox"/> taking a deep breath |
| <input type="checkbox"/> squatting | <input type="checkbox"/> repetitive activities | <input type="checkbox"/> reaching behind back | <input type="checkbox"/> oral activities |
| <input type="checkbox"/> sleeping | <input type="checkbox"/> looking up overhead | <input type="checkbox"/> reaching across body | <input type="checkbox"/> swallowing |
| <input type="checkbox"/> walking | <input type="checkbox"/> recreational sports | <input type="checkbox"/> any movement | <input type="checkbox"/> stress |
| <input type="checkbox"/> rising from sitting | <input type="checkbox"/> household activities | <input type="checkbox"/> lying down | <input type="checkbox"/> other _____ |

What relieves you symptoms? (Mark all that apply)

- | | | | |
|-----------------------------------|-------------------------------------|-----------------------------------|--|
| <input type="checkbox"/> sitting | <input type="checkbox"/> stretching | <input type="checkbox"/> heat | <input type="checkbox"/> wearing splint/orthosis |
| <input type="checkbox"/> standing | <input type="checkbox"/> exercise | <input type="checkbox"/> cold | <input type="checkbox"/> alcohol |
| <input type="checkbox"/> lying | <input type="checkbox"/> rest | <input type="checkbox"/> massage | <input type="checkbox"/> nothing |
| <input type="checkbox"/> walking | <input type="checkbox"/> medication | <input type="checkbox"/> traction | <input type="checkbox"/> other _____ |

Previous treatments for this condition:

- | | | | |
|--|-----------------------------------|--|---|
| <input type="checkbox"/> none | <input type="checkbox"/> exercise | <input type="checkbox"/> bracing/taping | <input type="checkbox"/> physical therapy |
| <input type="checkbox"/> medication | <input type="checkbox"/> massage | <input type="checkbox"/> injection to spine | <input type="checkbox"/> hospitalization |
| <input type="checkbox"/> DO/Chiropractor | <input type="checkbox"/> traction | <input type="checkbox"/> injection to muscle | <input type="checkbox"/> casting |
| | | | <input type="checkbox"/> other _____ |

Please list any surgeries or other hospitalizations, including the approximate date and reason:

Date	Surgery/Hospitalization	Reason
_____	_____	_____
_____	_____	_____
_____	_____	_____

Please list any injuries for which you have been treated, including the approximate date:

Date	Injury	Date	Injury
_____	_____	_____	_____
_____	_____	_____	_____

Please list any prescription medication you are currently taking (including pills, injections, and/or skin patches):

Please list any over the counter medications you have taken in the past week:

Is there any other information you would like your therapist to know?

Have you had any of the following tests:

- | | | | | | |
|--------------------------------|----------------------------------|------------------------------|-------------------------------------|---------------------------------------|------------------------------------|
| <input type="checkbox"/> x-ray | <input type="checkbox"/> CT Scan | <input type="checkbox"/> MRI | <input type="checkbox"/> arthrogram | <input type="checkbox"/> stress x-ray | <input type="checkbox"/> bone scan |
|--------------------------------|----------------------------------|------------------------------|-------------------------------------|---------------------------------------|------------------------------------|

If so what were the results: _____

Have you ever been diagnosed with any of the following conditions? (Mark all that apply)

- | | | |
|--|--|---|
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Rheumatoid Arthritis | <input type="checkbox"/> Allergies |
| <input type="checkbox"/> Heart Problems | <input type="checkbox"/> Other Arthritic Condition | <input type="checkbox"/> Anorexia/Bulimia |
| <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Multiple Sclerosis | <input type="checkbox"/> Chemical Dependency (alcoholism) |
| <input type="checkbox"/> Stroke | <input type="checkbox"/> Thyroid Problems | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Kidney Disease | <input type="checkbox"/> Hepatitis |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Emphysema/Bronchitis | <input type="checkbox"/> Tuberculosis |
| <input type="checkbox"/> Anemia | <input type="checkbox"/> Epilepsy/Seizures | <input type="checkbox"/> HIV/AIDS |

- If you are a Medicare patient, have you fallen in the last 12 months? _____
- If you answered yes to the above question, how many falls? _____ Was there an injury from the fall? _____