



UPPER EXTREMITY

Name _____ Preferred name _____

Date of birth ___/___/___ Age ___ Sex: M / F Occupation _____

Referring physician _____ Primary care physician _____

Most recent medical exam ___/___/___ Next exam ___/___/___

For this condition, have you seen any other medical providers? Y / N – please list _____

MEDICAL HISTORY

- Arthritis (Osteoarthritis Rheumatoid)
 - Fibromyalgia Other
- Osteoporosis / Osteopenia
- Asthma
- Chronic obstructive pulmonary disease (COPD)
 - Respiratory distress syndrome (ARDS)
 - Emphysema Chronic bronchitis
- Angina or Irregular heartbeat
- Congestive heart failure or heart disease
- Heart attack (myocardial infarction)
- High blood pressure
- Neurological disease
 - (Such as multiple sclerosis Parkinson's)
- Stroke or TIA
- Peripheral Vascular Disease
- Headaches
- Diabetes (Type I / Type II)
- Previous accidents (explain/give dates below)
- Visual impairment (cataract glaucoma macular degeneration)
- Hearing impairment (hard of hearing hearing aids)
- Back pain (neck pain low back pain)
 - degenerative disc disease spinal stenosis
- Kidney, bladder, prostate, urination problems
- Incontinence
- Hypothyroid / Hyperthyroid
- Allergies: _____
- Anxiety panic disorders depression other disorders
- Hepatitis / AIDS
- Prior surgery (list below)
- Prosthesis / Implants
- Sleep dysfunction
- Cancer (Type _____)
- Gastrointestinal disease (ulcer hernia reflux bowel liver gall bladder)
- Gynecologic problems (#children ___ #pregnancies ___)

Please clarify any checked items above and provide other medical information _____

List surgeries/dates _____

Family medical problems _____

Last eye exam: _____ What is your hand dominance? Right Left

Smoking - # pack(s)/day _____ Alcohol - # drink(s)/day _____ Other substance use _____

Have you recently experienced?

- Unexplained weight loss / gain
- Shortness of breath
- Illness / flu / virus
- Headaches
- Feeling unsteady or fear of falling
- Changes in appetite
- Fever / chills / sweats
- Nausea / vomiting
- Night pain
- Dizziness when getting up from resting flat
- Changes in bowel / bladder function
- Sexual difficulty
- Dizziness / fainting
- Falls in the past year (number _____)

MEDICATIONS (include over-the-counter) I have a list of medications, and have attached it to this form

Drug name	Dosage	How often	Pill/liquid/ Spray/injection	Condition	New (Y/N)

MEDICAL TESTING (List tests related to your current problem – dates: actual or as closely as possible)

	<u>Date performed</u>	<u>Facility where performed</u>	<u>Your understanding of results</u>
<input type="checkbox"/> X-ray	_____	_____	_____
<input type="checkbox"/> MRI <input type="checkbox"/> CT Scan	_____	_____	_____
<input type="checkbox"/> Blood/Urine	_____	_____	_____
<input type="checkbox"/> Other	_____	_____	_____

ACTIVITIES: mark those you are currently active with and how many times/week

- Walking Running Bicycling Weights Swimming Exercise class _____
Golf Tennis Basketball Skiing Soccer Gardening Other _____

How many days/week? _____ Duration each day _____

This is a statement other patients have made. *"I should not do physical activities which (might) make my pain worse."* Please rate your level of agreement with this statement below. (Response)

- Completely agree Somewhat agree Unsure Somewhat Disagree Completely Disagree

CURRENT PROBLEM/REASON YOU ARE HERE:

Describe in your own words _____

ONSET:

0-7 days 8-14 days 15-21 days 22-90 days 91 days – 6 months > 6 months Date: _____

Did it begin suddenly or gradually what, if known, caused your problem?

Is your problem getting better worse not changing?

Just before your problem began, were you completely free of discomfort or problems with the area? Y / N

Describe prior episodes including date(s), cause, duration and treatments

PAIN RATING right now (Circle below)

0 1 2 3 4 5 6 7 8 9 10
 No pain worst imaginable pain

0-10 pain over the **past two weeks** when at its best/lowest: ____ / 10 worst/highest: ____/10

DESCRIPTION OF DISCOMFORT:

- Ache Pain Sharp Dull Pins/needles Tingling Numbness
Burning Throbbing Cramping Swelling Other _____

Is your problem/discomfort Constant Intermittent – if so, how often/how long lasting _____

How long can you be symptom free _____ Does coughing or sneezing cause discomfort? Y / N

Does the time of day affect your problem? Y / N When is it better? _____ Worse _____

How does rest affect your problem? Relieves Makes worse No change

What activities/positions aggravate your problem? _____

What activity/positions relieve/decrease your problem? _____

Does discomfort ever awaken you at night? Y / N If yes, # times/night _____ Can you return to sleep? Y / N

Have you had previous physical therapy for this problem? Y / N what was the outcome? _____

Please let us know your goals/expectations: _____

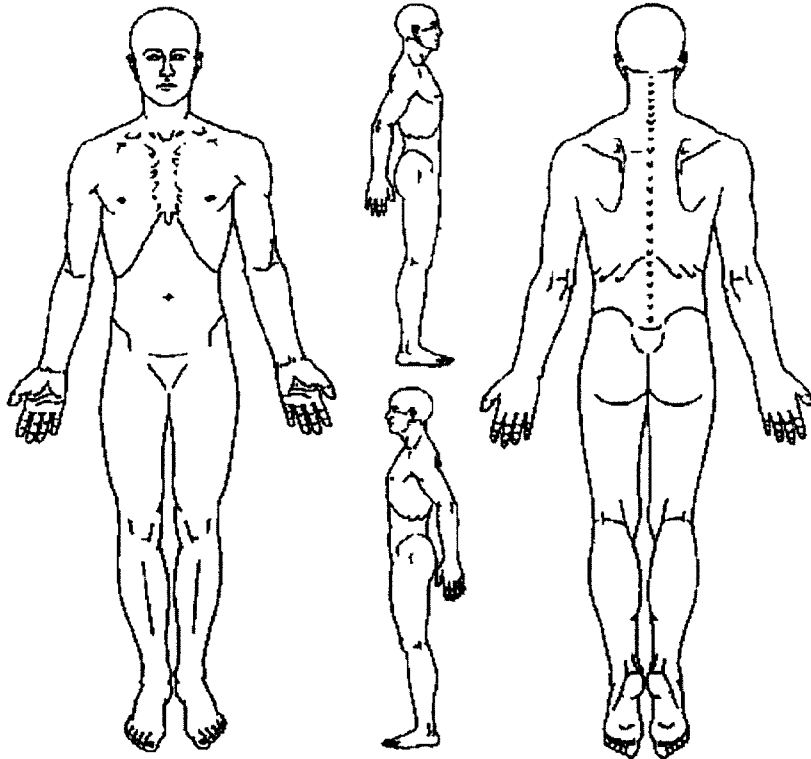
LOCATION OF SYMPTOMS:

When your problem began, was your discomfort in exactly the same location as you have it now? Y / N

If the position of the discomfort has changed, how did it progress from the original location?

Please mark on the body diagram below (with the designated signs) exactly where your current problem is

- ✓ Minimal to moderate pain
- ➔ Radiating pain
- Severe pain
- XX Numbness



Office use only

BP _____ HR _____ Height _____ Weight _____ BMI _____

QuickDash Patient Survey (Completed by the patient)									
Please rate your ability to do the following activities in the last week by circling the number of the appropriate response									
		NO DIFFICULTY	MILD DIFFICULTY	MODERATE DIFFICULTY	SEVERE DIFFICULTY	UNABLE			
1	Open a tight or new jar	1	2	3	4	5			
2	Do heavy household chores (e.g. wash walls, floors)	1	2	3	4	5			
3	Carry a shopping bag or briefcase	1	2	3	4	5			
4	Wash your back	1	2	3	4	5			
5	Use a knife to cut food	1	2	3	4	5			
6	Recreational activities in which you take some force or impact through your arm, shoulder or hand (e.g., golf, hammering, tennis, etc.).	1	2	3	4	5			
7	During the past week, to what extent has your arm, shoulder or hand problem interfered with your normal social activities with family, friends, neighbors or groups?	NOT AT ALL 1	SLIGHTLY 2	MODERATELY 3	QUITE A BIT 4	EXTREMELY 5			
8	During the past week, were you limited in your work or other regular daily activities as a result of your arm, shoulder or hand problem?	NOT LIMITED AT ALL 1	SLIGHTLY LIMITED 2	MODERATELY LIMITED 3	VERY LIMITED 4	UNABLE 5			
9	Please rate the severity of the following symptoms in the last week	NONE	MILD	MODERATE	SEVERE	EXTREME			
9	Arm, shoulder or hand pain	1	2	3	4	5			
10	Tingling (pins and needles) in your arm, shoulder or hand	1	2	3	4	5			
11	During the past week, how much difficulty have you had sleeping because of the pain in your arm, shoulder or hand?	NO DIFFICULTY	MILD DIFFICULTY	MODERATE DIFFICULTY	SEVERE DIFFICULTY	SO MUCH I CAN'T SLEEP			
		1	2	3	4	5			
	ABOVE TOTAL	RAW SCORE	CONVERSION SCORE						
		_____	_____						
	FOTO Patient Intake Survey (Questions below completed by the patient)								
	FOR SHOULDER PROBLEMS ONLY								
	Today, how much difficulty do you or would you have...	I CAN'T DO THIS	MUCH DIFFICULTY	SOME DIFFICULTY	LITTLE DIFFICULTY	NO DIFFICULTY			
1	Combing or brushing hair using your affected arm?	1	2	3	4	5			
2	Using your affected arm to place a can of soup (1lb) on a shelf at shoulder height?	1	2	3	4	5			
3	Using your affected arm to pick up and drink out of a full water glass?	1	2	3	4	5			
4	Using your affected arm to reach a shelf that is at shoulder height?	1	2	3	4	5			
5	Using your affected arm to reach an overhead shelf?	1	2	3	4	5			
6	Pushing yourself out of a chair using both arms?	1	2	3	4	5			
7	Reaching across to the middle of the table with your affected arm to get a salt shaker while sitting?	1	2	3	4	5			
8	Getting a scarf or necktie over your head and around your neck, using both hands?	1	2	3	4	5			
9	Putting deodorant under the arm opposite your affected shoulder?	1	2	3	4	5			
10	Pulling a chair out from a table using your affected arm?	1	2	3	4	5			
	ABOVE TOTAL	RAW SCORE	CONVERSION SCORE						
		_____	_____						