

4339 W. Kennewick, Ave., Kennewick, WA 99336 Ph: 509-735-0311 Fax: 509-783-1206

Name:	Date: / /
Last First Address:	
Street City	State Zip
Home Phone: () Cell Phone: ()	□ Married □ Widowed
E-mailAge:	
Soc. Sec. No.:Birth	Date: / / /
Spouse:	MM/DD/YYYY Referred By:
Last First	M.I.
Patient's nearest relative:	Phone:
Employment Information	
Employer:	Occupation:
Address:	Phone:
Street City	State Zip
Insurance Information	
Insurance Company:	Auto Accident UWorkers Compensation
Please make sure we have a copy of your insurance ca	
Complaint Information	
Purpose of this appointment (Major Complaint):	(Please indicate on pain drawing)
When did you first notice the pain/symptoms?	
How often do you experience your symptoms? Constantly (76-10	0% of the time)
□Occasionally (26-	50% of the time) Intermittently (1-25% of the time)
How are your symptoms changing with time?	
Getting Worse Staying the Same	□Getting Better
How much has the problem interfered with your work?	
	Quite a bit Extremely
How much has the problem interfered with your social activities?	
	Quite a bit Extremely
How do you think your problem began?	
	□Yes, at times □No
What activities aggravate your condition?	
What concerns you the most about your problem; what does it preve	ent you from doing?
Have you lost any days from work? Yes No	
Other doctors seen for this condition: MD/DO PT	DT DC Dother:
Past History	
Have you been treated for any health conditions by a physician in th	e last year?
Describe:	
What medications, vitamins, or drugs are you taking?	
What operations have you had?	
Describe any serious illnesses:	
	Doctor's Name:

Rev	iew (of Systems					
	Hav	e you Ever Suffered Fron	n:				
Now	/Pas	st Condition	Please Describe	Now	/Pas	t Condition	Please Describe
		Asthma				Frequent Urination	
		Allergies/Hay Fever				Prostate Trouble	
		Colds/Sinus Infection				Hemorroids	
		Difficulty Breathing				Venereal Disease	
		Headaches				Bruising Easily	
		Dizziness				Itching	
		Eye Pain/Failing Vision				Bursitis/Arthritis	
		Deafness/Ear Noises				Varicose Veins	
		Nosebleeds				Anemia/Fatigue	
		High/Low Blood Pressure				Swelling of Ankles/J	oints
		Rapid/Slow Hear Rate				Poor Circulation	
		Nervousness/Depression				Cramps or Backache	e
		Kidney Infection or Stones				Irregular Cycle/Exce	ssive Menstrual Flow
		Indigestion/Nausea				Lumps in Breast	
		Ulcers				Hot Flashes	
		Colon Trouble/Diarrhea				Foot Trouble	

Activities of Daily Living

Habits: Alcohol	Heavy	Moderate	Light	None			
Coffee							
Tobacco					Are you wearing:		
Drugs							
Exercise					Heel Lifts	□Sc	ole Lifts
Sleep					Inner Soles	□Ar	ch Supports
Appetite							
What activitie	es do you do a	at work?					
□Sit:		Most of the	day	Half of the day	□A little c	of the day	
□Stand:		Most of the	day	Half of the day	□A little c	of the day	
Computer w	ork:	Most of the	day	Half of the day	□A little c	of the day	
On the phore	ne:	Most of the	day	Half of the day	□A little c	of the day	
Have you eve	er been hospi	talized?	□Yes	□No			
If yes, why:							
What would	you rate your	overall health?	? DExcelle	ent UVery Good	Good	□Fair	□Poor
What type of	exercise do y	/ou do?	Strenuous	Moderate	Light	□None	
Indicate if you have any immediate family members with any of the following:							
□Rheum	natoid Arthritis		Diabet	es			
□Heart I	Problems		□Cance	r	□ALS		

PAYMENT IS EXPECTED AT TIME OF VISIT!

I understand and agree that health and accident policies are an arrangement between an insurance carrier and myself. Furthermore, I understand that this chiropractic office will prepare any insurance claim forms to assist me in making collections from the insurance company and that any amount authorized to be paid directly to this chiropractic office will be credited to my account upon receipt. I also give this office power of attorney to endorse checks made out to me, to be credited to my account. 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, any fees for professional services rendered me will be immediately due and payable. Should no payment be received on my account for sixty days there will be a 1.5% or \$2.00 minimum service charge added to the account each month.

Patient's Signature:	Date:	
Gaurdian or Spouse's Signature Authorizing Care:	Date:	
Information Taken By:	Date:	
Comments:		



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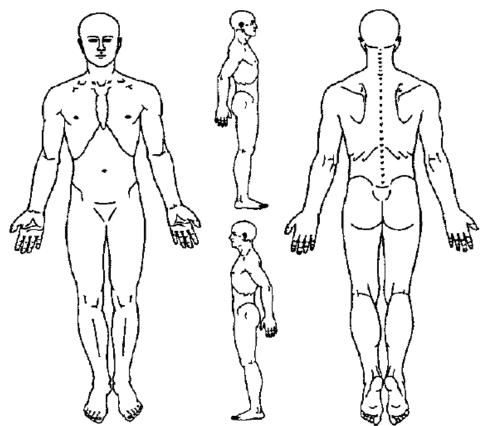
Pain Drawing Quadruple Index

Patient Name(Print) _____ Date_____

Patient ID#_____

Please circle the location of pain or discomfort on the images below. Use the letters shown to represent the type of pain:

D=Dull/Achy ST=Stabbing/Cutting B=Burning T=Tingling (Pins&Needles) N=Numb S=Shooting C=Cramping



On the scales below, please draw a vertical line representing your pain or discomfort.

Rate the pa	in you have right <u>NOV</u>	<u>V</u> :	Rate your	pain at its BEST in the past week:
No Pain		Unbearable Pain	No Pain	Unbearable Pain
Rate your <u>A</u>	VERAGE pain in the	past week:	Rate your]	WORST pain in the past week:
No Pain		Unbearable Pain	No Pain	Unbearable Pain
	example: $P_{q_{1}}^{V_{q_{2}}^{Q_{2}}}$	Head ache	Lowback Pain	



p: 509-735-0311 f: 509-783-1206 www.chanchiro.com

CHIROPRACTIC INFORMED CONSENT TO TREAT

I hereby request and consent to the performance of chiropractic procedures, including various modes of physical therapy/physiotherapy, diagnostic x-rays, and any supportive therapies on me (or on the patient named below, for whom I am legally responsible) by the doctor of chiropractic indicated below and/or other licensed doctors of chiropractic and support staff who now or in the future treat me while employed by, working or associated with, or serving as back-up for the doctor of chiropractic named below, including those working at the clinic or office listed below or any other office or clinic, whether signatories to this form or not.

I have had an opportunity to discuss with the doctor of chiropractic named below and/or with other office or clinic personnel the nature and purpose of chiropractic adjustments and procedures.

I understand that chiropractic adjustments and supportive treatment are designed to reduce and/or correct subluxations, allowing the body to return to improved health. It can also alleviate certain symptoms through a conservative approach with hopes to avoid more invasive procedures. However, I understand and am informed that, as is with all healthcare treatments, results are not guaranteed, and there is no promise to cure. In addition I understand and am informed that as is with all healthcare treatments in the practice of chiropractic there are some risks to treatment, including, but not limited to, muscle spasms for short periods of time, aggravating and/or temporary increase in symptoms, lack of improvement of symptoms, burns from heat lamps, ice or heating devices, fractures, disc injuries, strokes, dislocations and sprains. I do not expect the doctor to be able to anticipate and explain all risks and complications, and I wish to rely on the doctor to exercise judgment during the course of the procedure which the doctor feels at the time, based upon the facts then known, is in my best interests.

I further understand that there are treatment options available for my condition other than chiropractic procedures. These treatment options include, but are not limited to, self-administered, over-the-counter analgesics and rest; medical care with prescription drugs, such as antiinflammatories, muscle relaxants and painkillers; physical therapy; steroid injections; bracing; and surgery. I understand and have been informed that I have the right to a second opinion and to secure other opinions if I have concerns as to the nature of my symptoms and treatment options.

I understand that all payment(s) for treatment(s) are final and no refunds will be issued. However, prorated fees for unused, prepaid treatments will be refunded if I wish to cancel the treatment.

I have read, or have had read to me, the above consent. I have also had an opportunity to ask questions about its content, and by signing below, ,I agree to the above-named procedures. I intend this consent to cover the entire course of treatment for my present condition and for any future condition(s) for which I seek treatment.

PATIENT SIGNATURE X	(DATE)

(Or Patient Guardian/Parent/Representative)

(Provide name and relationship if signing for patient)

PREGNANCY RELEASE

This is to certify that to the best of my knowledge I am not pregnant and the above doctor and his/her associates have my permission to perform an x-ray evaluation. I have been advised that x-ray can be hazardous to an unborn child.

Date of last menstrual cycle:

PATIENT SIGNATURE X

(DATE)

(Or Patient Guardian/Parent/Representative)

(Provide name and relationship if signing for patient)

The Chan Institute of Health and Wellness 4339 West Kennewick Avenue Kennewick, Washington 99336-2802 509-735-0311

Consent for Purposes of Treatment, Payment & Healthcare Operations (6/04)

In this document, "I" and "my" refer to the patient, and "Institute" refers to The Chan Institute of Health and Wellness.

I consent to the use or disclosure of my protected health information by Institute for the purpose of analyzing, diagnosing or providing treatment to me, obtaining payment for my health care bills or to conduct health care operations of Institute. I understand that analysis, diagnosis or treatment of me by Institute may be conditioned upon my consent as evidenced by my signature below.

I understand I have the right to request a restriction as to how my protected health information is used or disclosed to carry out treatment, payment or healthcare operations of the practice. Institute is not required to agree to the restrictions that I may request. However, if Institute agrees to a restriction that I request, the restriction is binding on Institute.

I have the right to revoke this consent, in writing, at any time, except to the extent that Institute has taken action in reliance on this Consent.

My "protected health information" means health information, including my demographic information, collected from me and created or received by my physician, another health care provider, a health plan, my employer or a health care clearinghouse. This protected health information relates to my past, present or future physical or mental health or condition and identifies me, or there is a reasonable basis to believe the information may identify me.

I have been provided with a copy of the Notice of Privacy Practices of Institute and understand that I have a right to a copy of the Notice of Privacy Practices prior to signing this document. The Notice of Privacy Practices describes the types of uses and disclosures of my protected health information that will occur in my treatment, payment of my bills or in the performance of health care operations of Institute. The Notice of Privacy Practices for Institute is also posted in the waiting room at 4339 W. Kennewick Ave., Kennewick, WA 99336. This Notice of Privacy Practices also describes my rights and duties of the Institute with respect to my protected health information.

Institute reserves the right to change the privacy practices that are described in the Notice of Privacy Practices. I may obtain a revised notice of privacy practices by calling the office of Institute and requesting a revised copy be sent in the mail or asking for one at the time of my next appointment.

Signature of Patient or Personal Representative

Printed Name of Patient

Date of Signing

Description of Personal Representative's Authority

Chan Chiropractic and Massage

Office Policy

Thank you for choosing us as your health care provider. We are committed to your treatment being successful. Please understand that payment of your bill is considered a part of your treatment. The following is a statement of our Financial Policy that we require you read and sign prior to any treatment.

FULL PAYMENT (DEDUCTIBLES AND CO-PAYS) IS DUE AT TIME OF SERVICE. WE ACCEPT CASH, CHECKS AND MOST CREDIT CARDS. WE OFFER AN EXTENDED PAYMENT PLAN WITH PRIOR APPROVAL.

Regarding Insurance:

We may accept assignment of insurance benefits. However, we do require 50% of the bill to be paid at time of service unless arrangements are made with the doctor. The balance is your responsibility whether your insurance company pays or not. We cannot bill your insurance company unless you give us your insurance information and/or an original claim form. **Your insurance policy is a contract between your insurance company and you.** We are not a party to that contract. If your insurance company has not paid your account in full within 45 days, the balance will be automatically transferred to you for payment. Please be aware that some, and perhaps all, of the services provided may be non-covered services and not considered reasonable and necessary under the Medicare program and/or other medical insurances.

Authorization Requirements:

When insurance companies require pre-authorization, we will apply on your behalf. However, your insurance company may refuse to authorize the treatment plan recommended by the doctor. You will be financially responsible for the non-authorized visits.

Usual and Customary Rates:

Our practice is committed to providing the best treatment for our patients and we charge what is usual and customary for our area. You are responsible for payments regardless of any insurance company's arbitrary determination of usual and/or customary rates.

Adult and Minor Patients:

Adult patients are responsible for full payment at time of service. The adult accompanying a minor and the parents (or legal guardians of the minor) are responsible for full payment. For unaccompanied minors, non-emergency treatment will be denied unless arrangements have been made for payment by cash or check at time of service.

Missed Appointments:

Unless canceled at least 24 hours in advance, we reserve the right to charge for missed appointments at the rate of a normal office visit. Please help us serve you better by keeping your scheduled appointments. By signing this form you are agreeing to permit Chan Chiropractic and Massage and its employees to contact you via the provided contact methods for appointment reminders and followup (such as text, email, home or cell phone and USPS).

Third Party Payment:

In certain cases, a third party may be responsible for payment of your account. We may hold any outstanding bills and file a medical lien to secure the payment of this debt. The lien will be filed with the County Auditor's office and will remain on file until the account is settled or the claim is closed, at which time payment is due. A charge for processing the lien and administrative fees will be applied to your account balance.

I have read the Financial Policy. I understand and agree to this Financial Policy: I hereby assign payment of Insurance benefits to Chan Chiropractic Clinic, P.S.

Х

Signature of Patient or Responsible Party

Date

Х

IRREVOCABLE ASSIGNMENT OF PERSONAL INJURY PROCEEDS

Re:	Patient Name:	(Patient)
	Date of Loss:	
	Provider Name:	The Chan Institute of Health and Wellness

The undersigned patient fully understands that the undersigned is and remains directly and fully responsible to Provider for all billings submitted by the Provider for health care services rendered to the undersigned. This responsibility is not absolved in any manner by the result of the first party or third party claim (Claim) made by the undersigned. In the event that any claim is not successful, in whole or in part, I will be responsible for paying the Provider's billings within 30 days of the Claim's termination by court order, settlement, or operation of law.

The undersigned hereby authorizes and directs any claimant attorney or any insurance company to pay directly to the aforementioned Provider such sums from the undersigned's personal share of any personal injury insurance proceeds, award or settlement as may be due and owing for health care services rendered for him/her whether by reason of the subject occurrence or otherwise. I further consent to lien being filed, and billed to my account, with respect to the above claim against all of the undersigned's share of proceeds of any settlement or judgment which may be paid to the undersigned or my attorneys. I acknowledge that if the amount payable under any statutory lien is inadequate to pay the entire balance owed, that I remain liable for any such unpaid balance, notwithstanding any acceptance of limited payment and subsequent release of such lien.

The consideration for these instructions to any carrier or my attorney is based upon the Provider's willingness to extend credit for services provided to the undersigned, once applicable insurance coverage, if any, is exhausted or is otherwise delayed or terminated. I understand that I may be asked to make mutually agreeable co-payments at the time of service to keep the balance lower. On the basis of such extension of credit, these instructions are non-revocable. I direct any carrier or my attorney to interplead into an appropriate court any disputed sums in the event of any attempt by the undersigned to rescind these instructions. In the event that my current attorney withdraws and another attorney is substituted in their place and stead, then I direct such substitute counsel to honor these instructions upon receipt of a signed copy of such instructions.

DATED: _____

by: ______Signature of Patient

The undersigned, being the attorney of record for the above patient/client, does acknowledge this irrevocable assignment of the client's share of settlement or judgment proceeds and the undersigned will comply with the client's instructions to withhold sums from the client's share of proceeds to assure payment to the Provider; EXCEPT in the event that the client's share of proceeds is insufficient to pay all Providers, then Providers will be paid by priority of their lien filings, or if unsecured, in a pro rata fashion from any balance remaining after payment of provider liens; and EXCEPT FURTHER if any dispute arises between the provider and the client, all applicable funds will be escrowed or interplead pending resolution of the dispute. Nothing herein creates any personal obligations whatsoever on the part of the undersigned attorney to pay any obligations of the client from any other source than client funds remaining after deduction of any attorney fees and costs.

DATED: _____ by: _____

Attorney WSBA# _____

The Provider's obligation to forbear collection of health care billings or provide services on credit shall not arise until this agreement is signed by both the patient and their attorney.

ARBITRATION AGREEMENT

Article 1: Agreement to Arbitrate: It is understood that any dispute as to medical malpractice, that is as to whether any medical services rendered under this contract were unnecessary or unauthorized or were improperly, negligently or incompetently rendered, will be determined by submission to arbitration as provided by state and federal law, and not by a lawsuit or resort to court process, except as state and federal law provides for judicial review of arbitration proceedings. Both parties to this contract, by entering into it, are giving up their constitutional right to have any such dispute decided in a court of law before a jury, and instead are accepting the use of arbitration. Further, the parties will not have the right to participate as a member of any class of claimants, and there shall be no authority for any dispute to be decided on a class action basis. An arbitration can only decide a dispute between the parties and may not consolidate or join the claims of other persons who have similar claims.

Article 2: All Claims Must be Arbitrated: It is also understood that any dispute that does not relate to medical malpractice, including disputes as to whether or not a dispute is subject to arbitration, as to whether this agreement is unconscionable, and any procedural disputes, will also be determined by submission to binding arbitration. It is the intention of the parties that this agreement bind all parties as to all claims, including claims arising out of or relating to treatment or services provided by the health care provider, including any heirs or past, present or future spouse(s) of the patient in relation to all claims, including loss of consortium. This agreement is also intended to bind any children of the patient whether born or unborn at the time of the occurrence giving rise to any claim. This agreement is intended to bind the patient and the health care provider and/or other licensed health care providers, preceptors, or interns who now or in the future treat the patient while employed by, working or associated with or serving as a back-up for the health care provider's clinic or office or any other clinic or office whether signatories to this form or not.

All claims for monetary damages exceeding the jurisdictional limit of the small claims court against the health care provider, and/or the health care provider's associates, association, corporation, partnership, employees, agents and estate, must be arbitrated including, without limitation, claims for loss of consortium, wrongful death, emotional distress, injunctive relief, or punitive damages. This agreement is intended to create an open book account unless and until revoked.

Article 3: Procedures and Applicable Law: A demand for arbitration must be communicated in writing to all parties. Each party shall select an arbitrator (party arbitrator) within thirty days, and a third arbitrator (neutral arbitrator) shall be selected by the arbitrators appointed by the parties within thirty days thereafter. The neutral arbitrator shall then be the sole arbitrator and shall decide the arbitration. Each party to the arbitration shall pay such party's pro rata share of the expenses and fees of the neutral arbitrator, together with other expenses of the arbitration incurred or approved by the neutral arbitrator, not including counsel fees, witness fees, or other expenses incurred by a party for such party's own benefit. Either party shall have the absolute right to bifurcate the issues of liability and damage upon written request to the neutral arbitrator.

The parties consent to the intervention and joinder in this arbitration of any person or entity that would otherwise be a proper additional party in a court action, and upon such intervention and joinder, any existing court action against such additional person or entity shall be stayed pending arbitration. The parties agree that provisions of state and federal law, where applicable, establishing the right to introduce evidence of any amount payable as a benefit to the patient to the maximum extent permitted by law, limiting the right to recover non-economic losses, and the right to have a judgment for future damages conformed to periodic payments, shall apply to disputes within this Arbitration Agreement. The parties further agree that the Commercial Arbitration Rules of the American Arbitration Association shall govern any arbitration conducted pursuant to this Arbitration Agreement.

Article 4: General Provision: All claims based upon the same incident, transaction, or related circumstances shall be arbitrated in one proceeding. A claim shall be waived and forever barred if (1) on the date notice thereof is received, the claim, if asserted in a civil action, would be barred by the applicable legal statute of limitations, or (2) the claimant fails to pursue the arbitration claim in accordance with the procedures prescribed herein with reasonable diligence.

Article 5: Revocation: This agreement may be revoked by written notice delivered to the health care provider within 30 days of signature and, if not revoked, will govern all professional services received by the patient and all other disputes between the parties.

Article 6: Retroactive Effect: If patient intends this agreement to cover services rendered before the date it is signed (for example, emergency treatment), patient should initial here. _____. Effective as of the date of first professional services.

If any provision of this Arbitration Agreement is held invalid or unenforceable, the remaining provisions shall remain in full force and shall not be affected by the invalidity of any other provision. I understand that I have the right to receive a copy of this Arbitration Agreement. By my signature below, I acknowledge that I have received a copy.

NOTICE; BY SIGNING THIS CONTRACT YOU ARE AGREEING TO HAVE ANY ISSUE OF MEDICAL MALPRACTICE DECIDED BY NEUTRAL ARBITRATION AND YOU ARE GIVING UP YOUR RIGHT TO A JURY OR COURT TRIAL. SEE ARTICLE 1 OF THIS CONTRACT.

PATIENT SIGNATURE X

(Date)

(Or Patient Representative)

(Indicate relationship if signing for patient)

OFFICE SIGNATURE X

(Date)



Motor Vehicle Collision Questionaire

CONFIDENTIAL PATIENT INFORMATION

PLEASE PRINT

Location	
Date of Accident: Time of Accident:	
Number of Vehicles: Estimated Damages:	
State: City: Street:	
Direction at time of impact: □North □South □East □West	
Type of Impact: □front □drivers side □passenger side □rear end □other:	
Accident Information	
Where were you sitting during the accident?	
other:	
Did you anticipate the impact? QYes QNo	
Your vehicle type: Other vehicles type:	
At the time of impact what was your vehicles speed? Other vehicle speed?	
During and after the crash what happened to your vehicle? (Check all that apply)	
Lept going straight Lept going straight hitting a car in front Lepun around	
hit stationary object Spun around and hit a stationary object was hit by another vehicle	
Did you loose consciousness during the accident? □Yes □No	
How was your head positioned during the accident?	
How was your torso positioned during the accident?	
How were your hands positioned during the accident?	
Did any part of your body impact any part of the car?	
General Knees Generation Feet Generation Arms Generation Hips	
Please describe:	
Vehicle Information	
What kind of headrest does your vehicle have? Imoveable fixed Inonmoveable fixed Inone	
What was the position of the headrest on your head?	
Was your seatbelt fastened?	
Did you slide out of your seatbelt? □Yes □No	
What was damaged in your vehicle? (Check all that apply)	
□windshield □rear bumper □mirror □steering wheel □front bumper □kneebolste	er
□dashboard □trunk □back right door □seat frame □front left door □side windo	wc
□rear window □front right door □back left door □completerly totaled	
Choose the items that dented inward: Ifloorboards Iside doors Idashboard Inone	
Were any of the car doors unable to open?	
Hospital Information	
Did you go to the hospital? Yes No How did you get to the hospital?	
Name of hospital: Duration:	
Were you prescribed any medications? Yes No Describe:	
Did you have any x rays taken while at the hospital?	
Did you have any x rays taken while at the hospital? UYes UNo Which:	

NECK DISABILITY INDEX

Revised Owestry

Name:	Date:	File #:

This questionnaire helps us to understand how much your neck pain has affected your ability to perform everyday activities. Please check the one box in each section that most clearly describes your problem right now.

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, 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.
- 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 – Reading

- □ I can read as much as I want with no pain in my neck.
- □ I can read as much as I want with slight pain in my neck.
- I can read as much as I want with moderate pain in my neck.
- I can't read as much as I want because of moderate pain in my neck.
- □ I can hardly read at all because of severe pain in my neck.
- □ I cannot read at all due to pain.

SECTION 5 - Headaches

- □ I have no headaches at all.
- □ I have slight headaches that come infrequently.
- □ I have moderate headaches that come infrequently.
- □ I have moderate headaches that come frequently.
- □ I have severe headaches that come frequently.
- □ I have headaches almost all the time.

SECTION 6 – Concentration

- □ I can concentrate fully when I want to with no difficulty.
- □ I can concentrate fully when I want to with slight difficulty.
- I have a fair degree of difficulty in concentrating when I want to.
- I have a lot of difficulty in concentrating when I want to.
- I have a great deal of difficulty in concentrating when I
- want to.
- □ I cannot concentrate at all.

SECTION 7 - Work

- I can do as much work as I want to.
- I can only do my usual work, but no more.
- □ I can do most of my usual work, but no more.
- I cannot do my usual work.
- I can hardly do any work at all.
- I can not do any work at all.

SECTION 8 – Driving

- □ I can drive my car without any neck pain.
- □ I can drive my car as long as I want with slight pain in my neck.
- □ I can drive my car as long as I want with moderate pain in my neck.
- □ I can't drive my car as long as I want because of moderate pain in my neck.
- □ I can hardly drive at all because of severe pain in my neck
- □ I can't drive my car at all.

SECTION 9 – Sleeping

- I have no trouble sleeping
- My sleep is slightly disturbed (less than 1 hr sleepless).
- □ My sleep is mildly disturbed (1-2 hrs sleepless).
- My sleep is moderately disturbed (2-3 hrs sleepless).
- My sleep is greatly disturbed (3-5 hrs sleepless).
- My sleep is completely disturbed (5-7 hrs sleepless).

SECTION 10 – Recreation

- □ I am able to engage in all my recreation activities with no neck pain at all.
- □ I am able to engage in all my recreation activities, with some pain in my neck.
- □ I am able to engage in most, but not all of my usual recreation activities because of neck pain.
- □ I am able to engage in a few of my usual recreation activities because of pain in my neck.
- □ I can hardly do any recreation activities because of pain in my neck.
- □ I can't do any recreation activities at all.

Score /50

LOW BACK DISABILITY INDEX

Revised Owestry

ът		
	am	••
1.4	am	

Date:_____ File #:_____

This questionnaire helps us to understand how much your low back pain has affected your ability to perform everyday activities. Please check the one box in each section that most clearly describes your problem now.

SECTION 1 – Pain Intensity

- □ The pain comes and goes and is very mild.
- □ The pain is mild and does not vary much.
- □ The pain comes and goes and is moderately increasing
- □ The pain is moderate and does not vary much.
- □ The pain comes and goes and is severe.
- □ The pain is severe and does not vary much.

SECTION 2 – Personal Care (Washing, Dressing, etc.)

- I would not have to change my way of washing or dressing in order to avoid pain.
- I do not normally change my way of washing or dressing even though it causes some pain.
- Washing and dressing increase the pain, but I manage not to change my way of doing it.
- Washing and dressing increase the pain and I find it necessary to change my way of doing it.
- Because of the pain, I am unable to do some washing and dressing without help.
- Because of the pain, I am unable to do any washing and dressing without help.

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.
- □ Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (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 at the most.

SECTION 4 – Walking

- □ I have no pain on walking.
- □ I have some pain on walking but it does not increase with distance.
- □ I cannot walk more than one mile without increasing pain.
- \Box I cannot walk more than $\frac{1}{2}$ mile without increasing pain.
- □ I cannot walk more than ¼ mile without increasing pain.
- □ I cannot walk at all without increasing pain.

SECTION 5 – Sitting

- □ I can sit in any chair as long as I like without pain.
- □ I can sit only in my favorite chair as long as I like.
- □ Pain prevents me from sitting more than 1 hour.
- \Box Pain prevents me from sitting more than $\frac{1}{2}$ hour.
- □ Pain prevents me from sitting more than 10 minutes.
- □ I avoid sitting because it increases pain immediately.

Patient Signature

SECTION 6 – Standing

- □ I can stand as long as I want without pain.
- □ I have some pain standing, but it does not increase with time.
- □ I cannot stand for longer than 1 hour without increasing pain.
- □ I cannot stand for longer than ½ hour without increasing
- □ I cannot stand for longer than 10 minutes without increasing pain.
- □ I avoid standing because it increases the pain immediately.

SECTION 7 – Sleeping

- □ I get no pain in bed.
- I get pain in bed but it does not prevent me from sleeping well.

Because of pain, my normal night's sleep is reduced by less than 1/4.

- Because of pain, my normal night's sleep is reduced by less than $\frac{1}{2}$.
- Because of pain, my normal night's sleep is reduced by less than 3/4.
- Pain prevents me from sleeping at all.

SECTION 8 – Social Life

- □ My social life is normal and gives me no 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 much.
- Pain has restricted my social life to my home.
- □ I have hardly any social life because of my pain.

SECTION 9 – Traveling

- □ I get no pain while traveling.
- □ I get some pain while traveling, but none of my usual forms of travel make it worse.
- □ I get extra pain while traveling, but it does not compel me to seek alternative forms of travel.
- I get extra pain while traveling which compels me to seek alternative forms of travel.
- □ Pain prevents all forms of travel except done lying down.
- □ Pain restricts all forms of travel.

SECTION 10 – Changing Degrees 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 slowly improves.
- □ My pain is neither getting better nor worse.
- □ My pain is gradually worsening.
- □ My pain is rapidly worsening.

Score /50

From Vernon H, Minor S. JMPT 1991; 14(7):409-415

ROLAND MORRIS DISABILITY INDEX

Name:	Date: File #:
	(please print)
•	r back hurts, you may find it difficult to do some of the things you normally do. Check the box h sentence that describes you today. Leave the box blank if the sentence does not describe you.
	I stay home most of the time because of my back.
	I change positions frequently to try and get my back comfortable.
	I walk more slowly than usual because of my back.
	Because of my back, I am not doing any of the jobs that I usually do around the house.
	Because of my back, I use a handrail to get upstairs.
	Because of my back, I lie down to rest more.
	Because of my back, I have to hold on to something to get out of an easy chair.
	Because of my back, I try to get other people to do things for me.
	I get dressed more slowly because of my back.
	I only stand up for short periods of time because of my back.
	Because of my back, I try not to bend or kneel.
	I find it difficult to get out of a chair because of my back.
	My back is painful almost all of the time.
	My appetite is not very good because of my back.
	I have trouble putting on my socks (stockings) because of my back.
	I only walk short distances because of my back pain.
	I sleep less well because of my back pain.
	Because of my back pain, I get dressed with help from someone else.
	I sit down for most of the day because of my back.
	I avoid heavy jobs around the house because of my back.
	Because of my back pain, I am more irritable and bad tempered with people than usual.
	Because of my back, I go upstairs more slowly than usual.
	I stay in bed most of the time because of my back.
	Form by Roland M. Morris R. Spine 1983; 8(2): 141-144. Lippincott-Raven Publishers

Score:_____%