





Name: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_  
Date of Onset of Pain: \_\_\_\_\_ Date of Injury: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_  New Injury  Chronic  
Pain Location: \_\_\_\_\_ Treatment Side:  N/A  Left  Right  
Primary Physician/Referring Doctor: \_\_\_\_\_

<u>Pain Scale:</u>	0= None		5= Moderate				10= Extreme				
	0	1	2	3	4	5	6	7	8	9	10
At worst:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Current:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
At best:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Aggravating Factors:**  Sitting  Standing  Walking  Lying down/Sleeping  Stairs  
 Reaching  Lifting  Getting up from a chair  Bending forward  Carrying heavy objects  
**Have you experienced any of the following:**  Numbness  Tingling  Increased Pain at Night  
 Pain with Coughing/Sneezing  Dizziness  Nausea  Loss of bowel/bladder control

**What makes it feel better?** \_\_\_\_\_ **Feel worse?** \_\_\_\_\_  
**History of Similar Symptoms:**  No  Yes **History of Falls in last year:**  No  Yes  
**Home Health Care:**  No  Yes **Hospitalization in last 3 months?**  No  Yes  
**Occupation:** \_\_\_\_\_

<b><u>Medical History:</u></b>	<input type="checkbox"/> Fracture or Suspected Fracture	<input type="checkbox"/> Rheumatoid Arthritis
<input type="checkbox"/> Alzheimer's	<input type="checkbox"/> High Blood Pressure	<input type="checkbox"/> Traumatic Brain Injury
<input type="checkbox"/> Cardiovascular Disease	<input type="checkbox"/> History of Cancer	<input type="checkbox"/> Allergies: _____
<input type="checkbox"/> Cauda Equina Syndrome	<input type="checkbox"/> Huntington's	<input type="checkbox"/> Unexplained Weight Loss
<input type="checkbox"/> CVA / Stroke	<input type="checkbox"/> Immunosuppression	<input type="checkbox"/> Pacemaker
<input type="checkbox"/> Current Infection	<input type="checkbox"/> Lupus	<input type="checkbox"/> Pregnant
<input type="checkbox"/> Diabetes Mellitus Type 1	<input type="checkbox"/> Muscle Dystrophy	<input type="checkbox"/> Seizures
<input type="checkbox"/> Diabetes Mellitus Type 2	<input type="checkbox"/> Osteoarthritis	<input type="checkbox"/> HIV/AIDS
<input type="checkbox"/> Hemophilia	<input type="checkbox"/> Hepatitis B/C	<input type="checkbox"/> Other: _____

**Diagnostics:**  X-Ray  MRI  CT Scan  Myelogram  Diagnostic Ultrasound  
**Results of Imaging:** \_\_\_\_\_  
**Medications:**  See attached \_\_\_\_\_

**Patient Goals for Physical Therapy:** \_\_\_\_\_

**Patient Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

# QuickDASH

Please rate your ability to do the following activities in the last week by circling the number below the appropriate response.

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

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

	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

	NOT AT ALL	SLIGHTLY	MODERATELY	QUITE A BIT	EXTREMELY
7. During the past week, <i>to what extent</i> has your arm, shoulder or hand problem interfered with your normal social activities with family, friends, neighbours or groups?	1	2	3	4	5

	NOT LIMITED AT ALL	SLIGHTLY LIMITED	MODERATELY LIMITED	VERY LIMITED	UNABLE
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?	1	2	3	4	5

Please rate the severity of the following symptoms in the last week. (circle number)

	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

	NO DIFFICULTY	MILD DIFFICULTY	MODERATE DIFFICULTY	SEVERE DIFFICULTY	SO MUCH DIFFICULTY THAT I CAN'T SLEEP
11. During the past week, how much difficulty have you had sleeping because of the pain in your arm, shoulder or hand? (circle number)	1	2	3	4	5

QuickDASH DISABILITY/SYMPTOM SCORE =  $\left( \frac{\text{sum of } n \text{ responses}}{n} - 1 \right) \times 25$ , where n is equal to the number of completed responses.

A QuickDASH score may not be calculated if there is greater than 1 missing item.

## WORK MODULE (OPTIONAL)

The following questions ask about the impact of your arm, shoulder or hand problem on your ability to work (including homemaking if that is your main work role).

Please indicate what your job/work is: \_\_\_\_\_

I do not work. (You may skip this section.)

Please circle the number that best describes your physical ability in the past week.

Did you have any difficulty:	NO DIFFICULTY	MILD DIFFICULTY	MODERATE DIFFICULTY	SEVERE DIFFICULTY	UNABLE
1. using your usual technique for your work?	1	2	3	4	5
2. doing your usual work because of arm, shoulder or hand pain?	1	2	3	4	5
3. doing your work as well as you would like?	1	2	3	4	5
4. spending your usual amount of time doing your work?	1	2	3	4	5

## SPORTS/PERFORMING ARTS MODULE (OPTIONAL)

The following questions relate to the impact of your arm, shoulder or hand problem on playing *your musical instrument or sport or both*. If you play more than one sport or instrument (or play both), please answer with respect to that activity which is most important to you.

Please indicate the sport or instrument which is most important to you: \_\_\_\_\_

I do not play a sport or an instrument. (You may skip this section.)

Please circle the number that best describes your physical ability in the past week.

Did you have any difficulty:	NO DIFFICULTY	MILD DIFFICULTY	MODERATE DIFFICULTY	SEVERE DIFFICULTY	UNABLE
1. using your usual technique for playing your instrument or sport?	1	2	3	4	5
2. playing your musical instrument or sport because of arm, shoulder or hand pain?	1	2	3	4	5
3. playing your musical instrument or sport as well as you would like?	1	2	3	4	5
4. spending your usual amount of time practising or playing your instrument or sport?	1	2	3	4	5

**SCORING THE OPTIONAL MODULES:** Add up assigned values for each response; divide by 4 (number of items); subtract 1; multiply by 25.

An optional module score may **not** be calculated if there are any missing items.



## Statement of Privacy Practices

We at ProActive SportsMed are dedicated to protecting the privacy rights of our patients and the confidential information entrusted to us. The commitment of each employee to ensure that your health information is never compromised is a principle concept of our practice. We may, from time to time, amend our privacy policies and practices, but we will always inform you of any changes that might affect your rights.

## Protecting Your Personal Health Care Information

We use and disclose the information we collect from you only as allowed by the Health Insurance Portability and Accountability Act (HIPAA) and the state of Washington. This includes issues relating to your treatment, payment, and our physical therapy operations. Your personal health information will never be otherwise given to anyone—even family members—without your written consent. You, of course, may give written authorization for us to disclose your information to anyone that you choose, for any purpose.

Our office and electronic systems are secure from unauthorized access, and our employees are trained to make certain that the confidentiality of your records is always protected. Our privacy policy and practices all to all former, current, and future patients. Therefore, you can be confident that your protected health care information will never be improperly disclosed or released.

## Collecting Protected Health Care Information

We will only request personal information needed to provide our standard of physical therapy care, implement payment activities, conduct normal physical therapy operations, and comply with the law. This may include your name, address, telephone number(s), social security number, employment data, medical history, health records, etc. While most of the information will be collected from you, we may obtain information for third parties if deemed necessary. Regardless of the source, your personal information will always be protected to the full extent of the law.

## Disclosure of Your Protected Health Care Information

As stated above, we may disclose information as required by law. We are obligated, under certain circumstances, to provide information to law enforcement and government officials. We will not use your information for marketing purposes without your written consent.

We may use and/or disclose your health information to communicate reminders about your appointments. This would include voicemail messages, answering machines, e-mail or text message reminders, and phone calls.

## Patient Rights

You have a right to request copies of your health care information; to request copies in a variety of formats; and to request a list of instances in which we, or our business associates, have disclosed your protected information for uses other than stated above. All such requests must be in writing. We may charge for your copies in an amount allowed by law. If you believe your rights have been violated, we urge you to notify us immediately. You can also notify the U.S. Department of Health and Human Services. A full, detailed copy of our privacy practices and your rights are available upon request and are posted in our front office.



### Acknowledgement of Receipt of Statement of Privacy Practices

I acknowledge that I have received a copy of the Statement of Privacy Practices for the offices of ProActive SportsMed. ProActive Sportsmed reserves the right to change the privacy practices that are described in the Statement of Privacy Practices . If privacy practices change, I will be offered a copy of the revised Statement of Privacy Practices at the first available opportunity. I may also request a revised statement be mailed to me.

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

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

Relationship to Patient: \_\_\_\_\_

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

### Your Protected Health Information Designees

If you are not available when we attempt to contact you, please list below those individuals with whom we can leave a message or briefly discuss your medical information (e.g. appointments, payment information, etc.). This person will also be able to call the office on your behalf.

Please print the name and relationship (to the patient) of each designee below.

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

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

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

Check here if you **do not want** your health care information discussed with anyone but yourself.

### Record of Acknowledgement Not Obtained

*For Office Use Only*

We attempted to obtain written acknowledgement of patient's receipt of our Statement of Privacy Practices, but acknowledgement could not be obtained from the patient for the following reason:

- Patient needed more time to review the Statement of Privacy Practices
- Patient wanted to consult with another person before signing
- Patient refused to sign
- Patient is unable to sign
- Other (explain) \_\_\_\_\_

Was prior treatment provided?  Yes  No

Date any prior treatment was provided: \_\_\_\_\_

Employee Signature: \_\_\_\_\_ Date: \_\_\_\_\_



### Financial Policy

We'd like to thank you for choosing ProActive Sportsmed for your physical therapy treatment. In order for us to bill your insurance company on a regular basis, we request that you sign this release of information and assignment of benefits (if applicable). Typically, insurance companies pay a predetermined percentage of our treatment charge. We therefore request that on each visit you pay the difference and/or any applicable co-payments. This will enable you to keep your account current and avoid a large balance that may be difficult for you to pay in one payment at the end of your treatment.

All accounts not covered by insurance are due and payable in full at the time of service. We accept cash, checks, and credit/debit cards. If needed, you may apply for an extended payment plan upon approval of credit.

### Regarding Insurance

Your insurance policy is a contract between you and your insurance company. We cannot accept responsibility for collecting an insurance claim or negotiating a disputed claim. However, we can and will help by submitting your claim for you. The balance for services rendered at ProActive SportsMed is your financial responsibility.

I have read and understand:

Initials

### Late Cancellations and No-Shows

We understand that sometimes the unexpected can happen, and you may be unable to keep an appointment. We would appreciate 24 hours notice prior to a scheduled appointment if you need to cancel or reschedule. If a patient fails to appear without contacting us for three scheduled appointments, or cancels an excessive number of times, physical therapy treatment may be discontinued and the referring provider notified.

I have read and understand:

Initials

I authorize my insurance benefits to be paid directly to ProActive SportsMed and I understand that I am financially responsible for any balance due. I also authorize the release of any medical information necessary to process this claim.

I understand that I am financially responsible for all charges for services rendered regardless of litigation, insurance reimbursement, or pending worker's compensation claims. I understand the parent or guardian accompanying a minor for treatment will be responsible for payment.

I understand that in some instances the applicable insurance does not cover the entire charge. I agree to be responsible for any portion of the bill not covered by insurance. I understand that if my account has an outstanding balance over 90 days duration, I will be charged a 1% per month finance charge unless other arrangements are made in writing with ProActive SportsMed.

I hereby consent to the performance of physical therapy measures prescribed by my referring provider. I hereby waive and release ProActive SportsMed, their agents or employees from any and all claims, costs, expenses, liabilities, or judgments including attorney's fees and court costs (herein collectively "claims") arising out of my/my dependent's participation in the ProActive SportsMed's treatment or any illness or injury resulting therefrom.

I further agree to indemnify and hold harmless ProActive SportsMed, their agents or employees from and against any and such claims except claims caused by gross neglect or willful misconduct.

If a patient is a minor, and in the event I cannot be reached in an emergency, I hereby give my permission to the physician selected by ProActive SportsMed to administer emergency care.

I acknowledge that I have read and understand the financial policy and the cancellation and no-show policy stated above. I certify that all information I have provided in this registration form is true and correct to the best of my knowledge.

Signature of Patient or Responsible Party

Date