



CHIROPRACTIC HEALTH HISTORY FORM

An accurate health history is important to ensure that it is safe for you to receive treatments. If your health status changes, please let us know. All information collected is confidential, except as required or allowed by law or to facilitate diagnosis or treatment.

PERSONAL HISTORY DATE: DD / MM / YYYY

FIRST NAME _____		LAST NAME _____	
ADDRESS _____		CITY _____	POSTAL CODE _____
() _____	() _____	DATE OF BIRTH DD / MM / YYYY	
HOME PHONE _____	MOBILE PHONE _____	EMAIL ADDRESS _____	

EMPLOYER INFORMATION

EMPLOYER _____	OCCUPATION _____
ADDRESS _____	CITY _____
	POSTAL CODE _____
	WORK PHONE () _____

HOW DID YOU HEAR ABOUT OUR OFFICE?

<input type="checkbox"/> Internet (Google, Website)	<input type="checkbox"/> Phone Book	<input type="checkbox"/> Massage Therapist	<input type="checkbox"/> Friend / Family _____
<input type="checkbox"/> Brochure	<input type="checkbox"/> Medical Doctor	<input type="checkbox"/> Personal Trainer	<input type="checkbox"/> Other _____

PREVIOUS CHIROPRACTIC CARE <input type="checkbox"/> YES <input type="checkbox"/> NO	DO YOU WEAR FOOT ORTHOTICS <input type="checkbox"/> YES <input type="checkbox"/> NO
CHIROPRACTORS NAME _____	HOW LONG HAVE YOU WORN THEM? _____
CLINIC NAME _____	HOW LONG SINCE LAST PAIR? _____
DATE OF LAST VISIT (APPROX.) DD / MM / YYYY _____	MADE BY _____
X-RAYS <input type="checkbox"/> YES <input type="checkbox"/> NO	

PRIMARY CARE MEDICAL DOCTOR	MESSAGE THERAPIST
I authorize Target Therapeutics to send a report. <input type="checkbox"/> YES <input type="checkbox"/> NO INITIAL _____	I authorize Target Therapeutics to send a report. <input type="checkbox"/> YES <input type="checkbox"/> NO INITIAL _____
DOCTORS NAME _____	THERAPISTS NAME _____
CITY _____	CLINIC NAME _____

PAST MEDICAL HISTORY (Please indicate conditions you are experiencing and/or experienced.)

GENERAL	MUSCLES & JOINTS	RESPIRATORY	GASTROINTESTINAL	CARDIOVASCULAR
<input type="checkbox"/> Numbness/Tingling <input type="checkbox"/> Asthma <input type="checkbox"/> Sinus Problems <input type="checkbox"/> Cancer <input type="checkbox"/> Loss of Sensation <input type="checkbox"/> Fever <input type="checkbox"/> Vision Loss <input type="checkbox"/> Sweats <input type="checkbox"/> Blurred Vision <input type="checkbox"/> Fainting <input type="checkbox"/> Eye Pain <input type="checkbox"/> Diabetes <input type="checkbox"/> Hearing Loss <input type="checkbox"/> Allergies <input type="checkbox"/> Earache <input type="checkbox"/> Epilepsy <input type="checkbox"/> Headache	<input type="checkbox"/> Stiffness <input type="checkbox"/> Shoulder Pain <input type="checkbox"/> Weakness <input type="checkbox"/> Osteoporosis <input type="checkbox"/> Arthritis <input type="checkbox"/> Upper Back <input type="checkbox"/> Back Pain <input type="checkbox"/> Low Back <input type="checkbox"/> Neck Pain <input type="checkbox"/> Mid Back <input type="checkbox"/> Knee Pain <input type="checkbox"/> Swollen Joints <input type="checkbox"/> Arm Pain <input type="checkbox"/> Other _____ <input type="checkbox"/> Leg Pain	<input type="checkbox"/> Chronic Cough <input type="checkbox"/> Emphysema <input type="checkbox"/> Chest Pain <input type="checkbox"/> Chronic Bronchitis <input type="checkbox"/> Asthma <div style="border: 1px solid black; padding: 2px; margin: 5px 0;">INFECTIONS</div> <input type="checkbox"/> Hepatitis <input type="checkbox"/> Skin Conditions <input type="checkbox"/> TB <input type="checkbox"/> Other _____ <input type="checkbox"/> HIV	<input type="checkbox"/> Indigestion <input type="checkbox"/> Nausea <input type="checkbox"/> Diarrhea <input type="checkbox"/> Colitis <input type="checkbox"/> Poor Appetite <input type="checkbox"/> Excessive Gas <input type="checkbox"/> Constipation <input type="checkbox"/> Ulcers	<input type="checkbox"/> Heart Disease <input type="checkbox"/> Poor Circulation <input type="checkbox"/> Swelling in Ankles <input type="checkbox"/> High Blood Pressure <input type="checkbox"/> Low Blood Pressure <input type="checkbox"/> Heart Attack <input type="checkbox"/> Phlebitis <input type="checkbox"/> Stroke/CVA <input type="checkbox"/> Pacemaker <input type="checkbox"/> Varicose Veins

Please specify any other medical conditions you may have that are not listed: _____

Special Note (presence of internal pins, wires, artificial joints, special equipment): _____

Had an accident? YES NO If YES, please describes: _____

Had an operation? YES NO If YES, please describes: _____

Had a fracture? YES NO If YES, please describes: _____

Been hospitalized? YES NO If YES, please describes: _____

Do you exercise regularly? YES NO If YES, how often: _____

MEDICATION / SUPPLEMENTS	STRESS LEVELS
<input type="checkbox"/> Anti-inflammatory <input type="checkbox"/> Blood Pressure <input type="checkbox"/> Other: _____ <input type="checkbox"/> Antibiotics <input type="checkbox"/> Depression _____ <input type="checkbox"/> Cholesterol <input type="checkbox"/> Pain Killers _____ <input type="checkbox"/> Anti-anxiety <input type="checkbox"/> Blood Thinners _____ <input type="checkbox"/> Muscle Relaxants <input type="checkbox"/> Vitamins/Herbs _____ <input type="checkbox"/> Antacids <input type="checkbox"/> Essential Fats _____	<input type="checkbox"/> LOW <input type="checkbox"/> MODERATE <input type="checkbox"/> HIGH

CHIROPRACTIC HEALTH HISTORY FORM

CURRENT HEALTH CONDITION

Primary Complaint (Reason for coming in): _____

Other Doctors or Therapists for this condition: YES NO If YES, who treated you: _____

What was the treatment and result: _____ When did this condition begin: _____

Has it occurred before: YES NO If YES, when: _____ How many times: _____

Is it: Job Related Car Related Home Related Stress Related Injury Other: _____

Is the pain getting: Worse Better Constant Comes and Goes Other: _____

What aggravates your condition?

- | | | |
|-----------------------------------|----------------------------------|---------------------------------------|
| <input type="checkbox"/> Sitting | <input type="checkbox"/> Lifting | <input type="checkbox"/> Heat |
| <input type="checkbox"/> Standing | <input type="checkbox"/> Lying | <input type="checkbox"/> Cold |
| <input type="checkbox"/> Bending | <input type="checkbox"/> Walking | <input type="checkbox"/> Other: _____ |

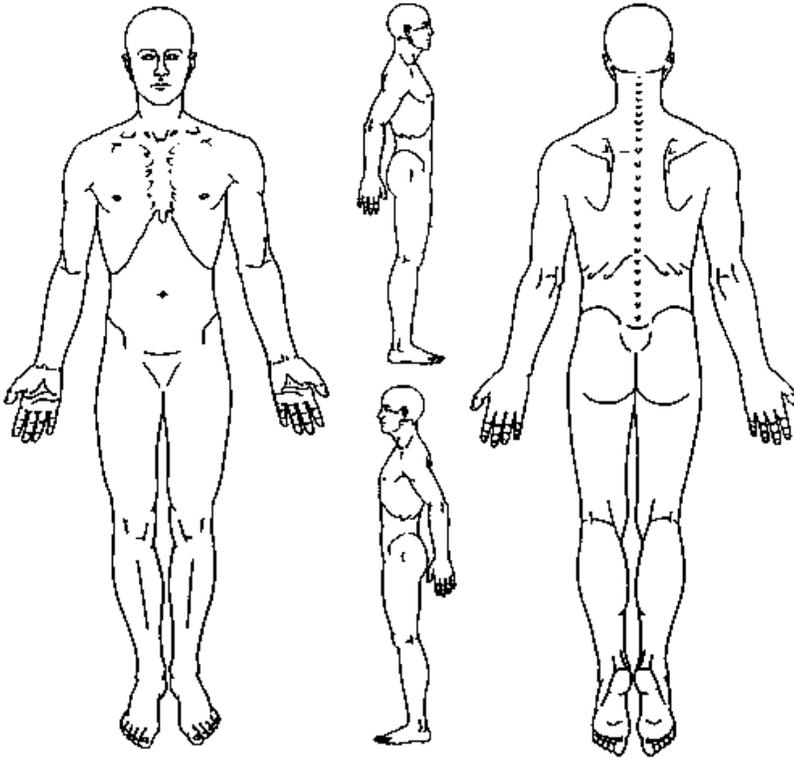
What makes you feel better?

- | | | |
|-----------------------------------|----------------------------------|---------------------------------------|
| <input type="checkbox"/> Sitting | <input type="checkbox"/> Lifting | <input type="checkbox"/> Heat |
| <input type="checkbox"/> Standing | <input type="checkbox"/> Lying | <input type="checkbox"/> Cold |
| <input type="checkbox"/> Bending | <input type="checkbox"/> Walking | <input type="checkbox"/> Other: _____ |

Please indicate the type(s) of pain you are feeling: Sharp Achy Numb Burning Tightness

Please circle the severity of your pain at this time: NO PAIN **0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10** WORST PAIN EVER

On the diagrams below use the symbol(s) and draw the location(s) of your pain: Sharp **o** Achy **x** Numb **+** Burning **^** Tightness **#**



EXAMINATION REPORT DO NOT COMPLETE FOR DOCTOR USE ONLY

Dr. Dziak Dr. Plante Kevin Kelly

LOCATION

- | | | | |
|-------------------------------------|---|---------------------------------|---|
| <input type="checkbox"/> Low Back | <input type="checkbox"/> L <input type="checkbox"/> R | <input type="checkbox"/> Knee | <input type="checkbox"/> L <input type="checkbox"/> R |
| <input type="checkbox"/> Mid Back | <input type="checkbox"/> L <input type="checkbox"/> R | <input type="checkbox"/> Ankle | <input type="checkbox"/> L <input type="checkbox"/> R |
| <input type="checkbox"/> Upper Back | <input type="checkbox"/> L <input type="checkbox"/> R | <input type="checkbox"/> Foot | <input type="checkbox"/> L <input type="checkbox"/> R |
| <input type="checkbox"/> Neck | <input type="checkbox"/> L <input type="checkbox"/> R | <input type="checkbox"/> Toe | <input type="checkbox"/> L <input type="checkbox"/> R |
| <input type="checkbox"/> Head | <input type="checkbox"/> L <input type="checkbox"/> R | <input type="checkbox"/> Wrist | <input type="checkbox"/> L <input type="checkbox"/> R |
| <input type="checkbox"/> Rib(s) | <input type="checkbox"/> L <input type="checkbox"/> R | <input type="checkbox"/> Hand | <input type="checkbox"/> L <input type="checkbox"/> R |
| <input type="checkbox"/> Shoulder | <input type="checkbox"/> L <input type="checkbox"/> R | <input type="checkbox"/> Finger | <input type="checkbox"/> L <input type="checkbox"/> R |
| <input type="checkbox"/> Elbow | <input type="checkbox"/> L <input type="checkbox"/> R | <input type="checkbox"/> Hip | <input type="checkbox"/> L <input type="checkbox"/> R |

THERAPIES

- | | |
|-------------------------------------|---|
| <input type="checkbox"/> JRT | <input type="checkbox"/> Strengthening |
| <input type="checkbox"/> ART | <input type="checkbox"/> Physiotherapy |
| <input type="checkbox"/> RMT | <input type="checkbox"/> Medical Acupuncture |
| <input type="checkbox"/> Stretching | <input type="checkbox"/> Electric Stimulation |
| <input type="checkbox"/> Traction | <input type="checkbox"/> Low Intensity Laser |
| <input type="checkbox"/> McKenzie | <input type="checkbox"/> X-RAYS (Location) |
| <input type="checkbox"/> Orthotics | _____ |
| <input type="checkbox"/> Ultrasound | _____ |

COMPLICATION FACTORS

- | | |
|--|---|
| <input type="checkbox"/> Age | <input type="checkbox"/> Chronic Conditions |
| <input type="checkbox"/> Fitness Level | <input type="checkbox"/> Physiotherapy |
| <input type="checkbox"/> Re-Injury | <input type="checkbox"/> Other |
| <input type="checkbox"/> Work | _____ |
| <input type="checkbox"/> Motivation | _____ |
| <input type="checkbox"/> Weight | _____ |
| <input type="checkbox"/> Diabetes | _____ |
| <input type="checkbox"/> Posture | _____ |

DIAGNOSIS Acute Chronic

CONSENT TO CHIROPRACTIC TREATMENT

It is important for you to consider the benefits, risks and alternatives to the treatment options offered by your chiropractor and to make an informed decision about proceeding with treatment.

Chiropractic treatment includes adjustment, manipulation and mobilization of the spine and other joints of the body, soft-tissue techniques such as massage, and other forms of therapy including, but not limited to, electrical or light therapy and exercise.

Benefits

Chiropractic treatment has been demonstrated to be effective for complaints of the neck, back and other areas of the body caused by nerves, muscles, joints and related tissues. Treatment by your chiropractor can relieve pain, including headache, altered sensation, muscle stiffness and spasm. It can also increase mobility, improve function, and reduce or eliminate the need for drugs or surgery.

Risks

The risks associated with chiropractic treatment vary according to each patient's condition as well as the location and type of treatment.

The risks include:

- **Temporary worsening of symptoms** – Usually, any increase in pre-existing symptoms of pain or stiffness will last only a few hours to a few days.
- **Skin irritation or burn** – Skin irritation or a burn may occur in association with the use of some types of electrical or light therapy. Skin irritation should resolve quickly. A burn may leave a permanent scar.
- **Sprain or strain** – Typically, a muscle or ligament sprain or strain will resolve itself within a few days or weeks with some rest, protection of the area affected and other minor care.
- **Rib fracture** – While a rib fracture is painful and can limit your activity for a period of time, it will generally heal on its own over a period of several weeks without further treatment or surgical intervention.
- **Injury or aggravation of a disc** – Over the course of a lifetime, spinal discs may degenerate or become damaged. A disc can degenerate with aging, while disc damage can occur with common daily activities such as bending or lifting. Patients who already have a degenerated or damaged disc may or may not have symptoms. They may not know they have a problem with a disc. They also may not know their disc condition is worsening because they only experience back or neck problems once in a while.

Chiropractic treatment should not damage a disc that is not already degenerated or damaged, but if there is a pre-existing disc condition, chiropractic treatment, like many common daily activities, may aggravate the disc condition.

The consequences of disc injury or aggravating a pre-existing disc condition will vary with each patient. In the most severe cases, patient symptoms may include impaired back or neck mobility, radiating pain and numbness into the legs or arms, impaired bowel or bladder function, or impaired leg or arm function. Surgery may be needed.

- **Stroke** – Blood flows to the brain through two sets of arteries passing through the neck. These arteries may become weakened and damaged, either over time through aging or disease, or as a result of injury. A blood clot may form in a damaged artery. All or part of the clot may break off and travel up the artery to the brain where it can interrupt blood flow and cause a stroke.

Many common activities of daily living involving ordinary neck movements have been associated with stroke resulting from damage to an artery in the neck, or a clot that already existed in the artery breaking off and travelling up to the brain.

Chiropractic treatment has also been associated with stroke. However, that association occurs very infrequently, and may be explained because an artery was already damaged and the patient was progressing toward a stroke when the patient consulted the chiropractor. Present medical and scientific evidence does not establish that chiropractic treatment causes either damage to an artery or stroke.

The consequences of a stroke can be very serious, including significant impairment of vision, speech, balance and brain function, as well as paralysis or death.

Alternatives

Alternatives to chiropractic treatment may include consulting other health professionals. Your chiropractor may also prescribe rest without treatment, or exercise with or without treatment.

Questions or Concerns

You are encouraged to ask questions at any time regarding your assessment and treatment. Bring any concerns you have to the chiropractor’s attention. If you are not comfortable, you may stop treatment at any time.

Please be involved in and responsible for your care. Inform your chiropractor immediately of any change in your condition.

DO NOT SIGN THIS FORM UNTIL YOU MEET WITH THE CHIROPRACTOR

I hereby acknowledge that I have discussed with the chiropractor the assessment of my condition and the treatment plan. I understand the nature of the treatment to be provided to me. I have considered the benefits and risks of treatment, as well as the alternatives to treatment. I hereby consent to chiropractic treatment as proposed to me.

Name (Please Print)

Signature of patient (or legal guardian)

Date: _____ 20____

Signature of Chiropractor

Date: _____ 20____



VEHICLE INSURANCE INFORMATION

Date of Accident- YYYY-MM-DD _____ - _____ - _____

Name of car insurance company _____

Branch Location _____

Name of insurance adjuster _____

Insurer Telephone _____ - _____ - _____

Insurer Fax _____ - _____ - _____

Policy holders name same as above

Different Policy holder's name _____

Policy number - _____

Claim # (if known) _____

Are you seeing any other health practitioner for treatment as a result of this accident?
(e.g. dentist, optometrist) N Y

If yes please list _____

Were you employed at the time of the accident? N Y

Do your injuries impact your work activities? N Y

If yes please explain: _____

If you are unable to do your normal pre-accident employment activities, is your employer able to provide suitable modified work? If yes please explain: _____

Do your injuries affect your everyday activities? N Y

If yes please explain: _____

Do you have Extended Health Benefits? N Y

IF YES, go to the following page, If No go to page 3

Extended Health Benefit (EHB) Information

If you have EHB then you must complete the following information. If you have more than one policy then ask us for another copy of this page and you must fill this page out twice so that we know the details of you coverage for both policies. (through their work as well as through a spouse or common law partner, school etc.)

Insurance Company _____

Policy # / Plan # _____

Name of Plan Member _____

Member Id. _____

1- Do you have a maximum coverage amount/year for the following ?

- Chiropractic N Y max\$/year \$ _____
- Physiotherapy N Y max.\$/year \$ _____
- Massage N Y max.\$/year \$ _____
 - Is there a max. dollar amount per treatment? N Y \$ _____
 - Is there a % coverage per treatment? N Y % _____
 - Does your policy have a max. # of visits? N Y # _____

Do you have a flex amount that you can use for any practitioners that you choose N Y max.\$/year \$ _____

- Is there a max. dollar amount per treatment? N Y \$ _____
- Is there a % coverage per treatment? N Y % _____
- Does your policy have a maximum # of visits? N Y # _____

2- Month when your insurance renews (most commonly Jan.) _____

- 3- Do you have unlimited Physiotherapy coverage N Y
- Is there a max. dollar amount per treatment? N Y \$ _____
 - Is there a % coverage per treatment? N Y % _____

Do you have unlimited Massage coverage N Y

- Is there a max. dollar amount per treatment? N Y \$ _____
- Is there a % coverage per treatment? N Y % _____

4- Have you used any EHB before coming to see us? N Y

If yes, amount use for Physiotherapy \$ _____
Chiropractic \$ _____
Massage therapy \$ _____

PATIENT RESPONSIBILITIES

FORMS

Your car insurance company will be mailing you some forms called the Accident Benefits Application Package or OCF1. It is your responsibility to fill out these forms promptly and send them back to your insurance company. Failure to do so may result in your treatments not being covered in which case it would be your responsibility to pay for your treatments rendered here at Target Therapeutics.

OTHER PRACTITIONERS

If during your treatment plan, you see any other health professionals other than the practitioners that you are seeing here at Target Therapeutics for the treatment of your motor vehicle accident injuries, it is your responsibility to tell us about it because it may affect the amount of treatments that you may receive.

SETTLEMENT

If you settle your claim with your insurer at any point during your treatment here at Target Therapeutics you must inform us of the **effective date** in order to avoid being charged for treatments rendered during your treatment plan or after your effective date. We must also be notified whether your balance will be paid by your insurance company or by you to us as a part of your settlement.

PAYMENT

Statutory Accident Benefits in Ontario dictate that you must use your Extended Health Benefits towards the payment of your MVA rehabilitation. You will be responsible to pay Target Therapeutics the amount of coverage that you have for all of the practitioners that you see treatment at our facility. If your treatment continues until after your yearly renewal date and you have a yearly CAP amount per practitioner or a FLEX plan, you will be required to pay us the amount of benefits that you have per practitioner before and after your renewal period.

Once this amount is paid, we will provide you with an invoice. It will be your responsibility to submit your claim and upon re-imbursment from your extended health insurance company they will provide you with an explanation of benefits(EOB) document which will have to be given to us in order for us to process the balance of your account with the car insurance company. We require an EOB for each and every payment that is paid to us.

Name (printed) _____

Signature _____

Date _____



Pain - Prevention - Performance

Active Release Therapy

- The following three pages of questionnaires ask about your ability to perform certain activities and how these activities affect your neck, low back and arms. Only answer the particular questionnaire if you have symptoms related to your MVA in that body area.

Chiropractic

- They are designed to help us better understand how your pain allows you to manage through your activities of daily living.

Medical Acupuncture

- Please answer every question, based on how you presently feel by circling the appropriate number.

Massage Therapy

- If you have not performed the activity in the past week, please make your best estimate as to which response is the most accurate.

Pedorthic Services

- Please sign and date each document in the appropriate locations.

NECK DISABILITY INDEX

THIS QUESTIONNAIRE IS DESIGNED TO HELP US BETTER UNDERSTAND HOW YOUR NECK PAIN AFFECTS YOUR ABILITY TO MANAGE EVERYDAY -LIFE ACTIVITIES. PLEASE MARK IN EACH SECTION THE **ONE BOX** THAT APPLIES TO YOU.

ALTHOUGH YOU MAY CONSIDER THAT TWO OF THE STATEMENTS IN ANY ONE SECTION RELATE TO YOU, PLEASE MARK THE BOX THAT **MOST CLOSELY** DESCRIBES YOUR PRESENT -DAY SITUATION.

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

- 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 causing 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 items are conveniently positioned, ie. on a table.
- Pain prevents me from lifting heavy weights, but I can manage light weights if they are conveniently positioned.
- I can lift only very light weights.
- I cannot lift or carry anything at all.

SECTION 4 – WORK

- I can do as much work as I want.
- I can only do my usual work, but no more.
- I can do most of my usual work, but no more.
- I can't do my usual work.
- I can hardly do any work at all.
- I can't do any work at all.

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 without difficulty.
- I can concentrate fully with slight difficulty.
- I have a fair degree of difficulty concentrating.
- I have a lot of difficulty concentrating.
- I have a great deal of difficulty concentrating.
- I can't concentrate at all.

SECTION 7 – SLEEPING

- I have no trouble sleeping.
- My sleep is slightly disturbed for less than 1 hour.
- My sleep is mildly disturbed for up to 1-2 hours.
- My sleep is moderately disturbed for up to 2-3 hours.
- My sleep is greatly disturbed for up to 3-5 hours.
- My sleep is completely disturbed for up to 5-7 hours.

SECTION 8 – DRIVING

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

SECTION 9 – READING

- I can read as much as I want with no neck pain.
- I can read as much as I want with slight neck pain.
- I can read as much as I want with moderate neck pain.
- I can't read as much as I want because of moderate neck pain.
- I can't read as much as I want because of severe neck pain.
- I can't read at all.

SECTION 10 – RECREATION

- I have no neck pain during all recreational activities.
- I have some neck pain with all recreational activities.
- I have some neck pain with a few recreational activities.
- I have neck pain with most recreational activities.
- I can hardly do recreational activities due to neck pain.
- I can't do any recreational activities due to neck pain.

PATIENT NAME _____

DATE _____

SCORE _____ [50]

BENCHMARK -5 = _____

LOW BACK DISABILITY QUESTIONNAIRE (REVISED OSWESTRY)

This questionnaire has been designed to give the doctor information as to how your back pain has affected your ability to manage in everyday life. **Please answer every section and mark in each section only ONE box** which applies to you. We realize you may consider that two of the statements in any one section relate to you, but **please just mark the box which MOST CLOSELY describes your problem.**

Section 1 - Pain Intensity

- I can tolerate the pain without having to use painkillers.
- The pain is bad but I can manage without taking painkillers.
- Painkillers give complete relief from pain.
- Painkillers give moderate relief from pain.
- Painkillers give very little relief from pain.
- Painkillers have no effect on the pain and I do not use them.

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, for example 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 lift very light weights.
- I cannot lift or carry anything at all.

Section 4 – Walking

- Pain does not prevent me from walking any distance.
- Pain prevents me from walking more than one mile.
- Pain prevents me from walking more than one-half mile.
- Pain prevents me from walking more than one-quarter mile.
- I can only walk using a stick or crutches.
- I am in bed most of the time and have to crawl to the toilet.

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 from 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 almost all the time.

Scoring: Questions are scored on a vertical scale of 0-5. Total scores and multiply by 2. Divide by number of sections answered multiplied by 10. A score of 22% or more is considered significant activities of daily living disability.
 (Score ___ x 2) / (___ Sections x 10) = _____ %ADL

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

Section 7 -- Sleeping

- Pain does not prevent me from sleeping well.
- I can sleep well only by using tablets.
- Even when I take tablets I have less than 6 hours sleep.
- Even when I take tablets I have less than 4 hours sleep.
- Even when I take tablets 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. dancing.
- 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 – Traveling

- I can travel anywhere without extra pain.
- I can travel anywhere but it gives me extra pain.
- Pain is bad but I manage journeys over 2 hours.
- Pain is bad but I manage journeys less than 1 hour.
- Pain restricts me to short necessary journeys under 30 minutes.
- Pain prevents me from traveling except to the doctor or hospital.

Section 10 – Changing Degree 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 improvement is slow at the present.
- My pain is neither getting better nor worse.
- My pain is gradually worsening.
- My pain is rapidly worsening.

Comments _____

Reference: Fairbank, Physiotherapy 1981; 66(8): 271-3, Hudson-Cook. In Roland, Jenner (eds.), Back Pain New Approaches To Rehabilitation & Education. Manchester Univ Press, Manchester 1989: 187-204

QuickDASH

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

	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? (<i>circle number</i>)	1	2	3	4	5

QuickDASH DISABILITY/SYMPTOM SCORE = $\left(\left[\frac{\text{sum of n responses}}{n} \right] - 1 \right) \times 25$, 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.