



Recovery
YSICAL THERAPEUTIC CENTER
Patrice Peterson, PT

Empowering You to Better Health

Dear New Patient:

Welcome to Recovery Physical Therapy. We are committed to providing you with quality care and service; we are pleased that you have chosen us.

On the day of your appointment, please arrive 15 minutes prior to your actual appointment time and bring the following items:

1. Physicians' Prescription for Physical Therapy
2. Your insurance card
3. Completed forms
4. Any other relevant information, reports, x-rays, etc

If you did not receive your forms, please arrive 30 minutes before your scheduled time. It is **very important** to complete the enclosed forms prior to your arrival.

Attire: Please wear comfortable clothes & tennis shoes. Your physical therapist will need to access the body part to be treated. Shorts will be necessary for hip, knee and ankle problems. You may be asked to put on a patient gown for back, neck or shoulder problems.

We will do everything possible to provide you with a positive experience. Your first visit will consist of a thorough, individualized evaluation by a licensed physical therapist. A treatment plan will be developed and will include hands-on contact by your physical therapist. Be prepared to begin treatment and even exercise on your first visit.

Our staff has been chosen for their caring attitudes, as well as their professional experience. We are proud of our team. Each & every one of them has areas of expertise, from the person who answers the phone to our highly trained aides. As a team, we strive to provide you with great care and optimal results.

Our goal is a patient who has decreased pain and improved function, who is educated so that she or he can maintain their condition and who feels cared for as a real and unique individual. Please do not hesitate to speak with our **Office Manager, Phyliss Torres-Smith**, with any questions or concerns you may have.

Sincerely,

Patrice Peterson, PT
Owner / Director

Recovery Physical Therapeutic Center

NEW PATIENT REGISTRATION

PATIENT'S NAME: _____ HOME#: _____ Cell#: _____

E-MAIL ADDRESS: _____

HOME ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

DATE OF BIRTH: _____ AGE: _____ SEX: _____ MARITAL STATUS: SINGLE ___ MARRIED ___ OTHER ___

SOCIAL SECURITY #: _____ SPOUSE: _____

OCCUPATION: _____ EMPLOYER: _____ WORK#: _____

NEAREST RELATIVE NOT LIVING WITH YOU: _____ Relationship: _____ PHONE #: _____

IN CASE OF EMERGENCY CONTACT: _____ Relationship: _____ PHONE#: _____

WHO IS FINANCIALLY RESPONSIBLE FOR PAYMENT?: _____ PHONE#: _____

HOW DID YOU HEAR ABOUT RECOVERY PHYSICAL THERAPEUTIC CENTER? RETURNING PATIENT WEBSITE

DOCTOR FAMILY/FRIEND KENNEDY CLUB PHONEBOOK OTHER _____

INSURANCE INFORMATION

IS THIS A WORK RELATED INJURY? YES ___ NO ___ IF YES, GIVE DATE OF INJURY: _____

INSURANCE COMPANY: _____ PHONE#: _____

MAILING ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

INSURED: _____ ID#: _____ GROUP#: _____

SECONDARY INSURANCE INFORMATION

INSURANCE COMPANY: _____ PHONE#: _____

MAILING ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

INSURED: _____ ID#: _____ GROUP#: _____

CONSENT FOR TREATMENT – RECORDS RELEASE – ASSIGNMENT OF BENEFITS – FINANCIAL RESPONSIBILITY

Consent for Treatment:

I hereby authorize Recovery Physical Therapeutic Center to provide physical therapy and treatment to myself / minor child considered necessary for treating my physical conditions.

Records Release:

I hereby authorize the release of medical records related to treatment rendered by Recovery Physical Therapeutic Center as necessary for reimbursement for service. I hereby authorize Recovery Physical Therapeutic Center to release my therapy records to my physician.

Assignment of Benefits:

I hereby authorize payment directly to Recovery Physical Therapeutic Center on any claims not to exceed my indebtedness to said therapy corporation. I understand that I am responsible for any amount not covered by my insurance.

Financial Responsibility:

I understand and agree that regardless of my insurance status, I am ultimately responsible for the balance on my account for any professional services rendered..

I have read and fully understand the above agreement. I certify that the information I have given is true and correct to the best of my knowledge. I will notify you of any changes in my health status or in the above information.

Patient's Signature / Parental Consent (Required if patient is a minor)

Date:

Patient Health Questionnaire - PHQ

Form PHQ-202

Health Plan Use Only rev 7/18/05

Patient Name _____ Date _____

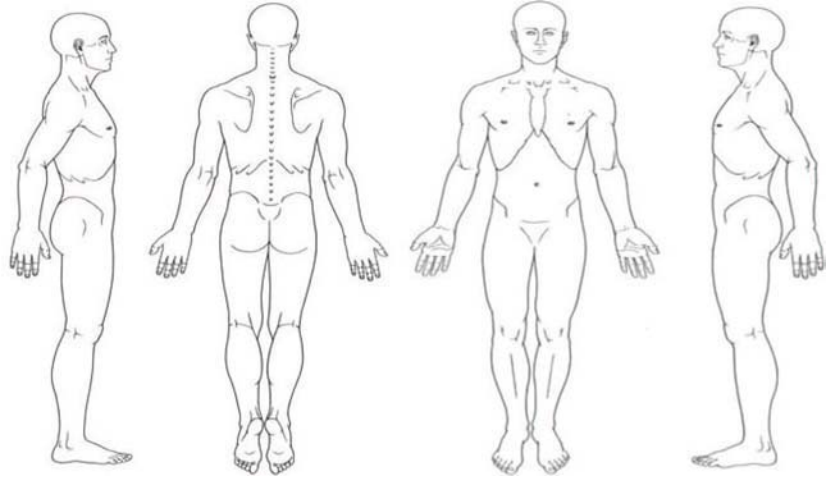
1. Describe your symptoms

a. When did your symptoms start? _____

b. How did your symptoms begin? _____

2. How often do you experience your symptoms? Indicate where you have pain or other symptoms

- ① Constantly (76-100% of the day)
- ② Frequently (51-75% of the day)
- ③ Occasionally (26-50% of the day)
- ④ Intermittently (0-25% of the day)



3. What describes the nature of your symptoms?

- ① Sharp
- ② Dull ache
- ③ Numb
- ④ Shooting
- ⑤ Burning
- ⑥ Tingling

4. How are your symptoms changing?

- ① Getting Better
- ② Not Changing
- ③ Getting Worse

5. During the past 4 weeks:

a. Indicate the average intensity of your symptoms

None ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ Unbearable

b. How much has pain interfered with your normal work (including both work outside the home, and housework)

① Not at all ② A little bit ③ Moderately ④ Quite a bit ⑤ Extremely

6. During the past 4 weeks how much of the time has your condition interfered with your social activities?

(like visiting with friends, relatives, etc)Plan

① All of the time ② Most of the time ③ Some of the time ④ A little of the time ⑤ None of the time

7. In general would you say your overall health right now is...

① Excellent ② Very Good ③ Good ④ Fair ⑤ Poor

8. Who have you seen for your symptoms?

- ① No One
- ② Chiropractor
- ③ Medical Doctor
- ④ Physical Therapist
- ⑤ Other

a. What treatment did you receive and when? _____

b. What tests have you had for your symptoms and when were they performed?

- ① Xrays date: _____
- ② MRI date: _____
- ③ CT Scan date: _____
- ④ Other date: _____

9. Have you had similar symptoms in the past?

- ① Yes
- ② No
- ③ This Office
- ④ Chiropractor
- ⑤ Medical Doctor
- ⑥ Physical Therapist
- ⑦ Other

a. If you have received treatment in the past for the same or similar symptoms, who did you see?

10. What is your occupation?

- ① Professional/Executive
- ② White Collar/Secretarial
- ③ Tradesperson
- ④ Laborer
- ⑤ Homemaker
- ⑥ FT Student
- ⑦ Retired
- ⑧ Other

a. If you are not retired, a homemaker, or a student, what is your current work status?

- ① Full-time
- ② Part-time
- ③ Self-employed
- ④ Unemployed
- ⑤ Off work
- ⑥ Other

Patient Signature _____ Date _____

FINANCIAL POLICY

We are committed to providing you with the best possible care. Your clear understanding of our Financial Policy is important to our professional relationship. Please provide information as accurately as possible. Our Financial Policy is designed to give you a number of payment options.

Patient Payment Method at Time of Your First Visit, Patient Pays:	
Self Pay	Payment is expected in full unless other arrangements have been made prior to treatment.
Medicare	20% of the approved allowed charge if your supplemental insurance doesn't cover the balance due. We will bill your secondary for you.
Worker's Compensation	Pre-authorization and a referral from your doctor are required.
Personal or Auto Injury	Pre-authorization is required. WE DO NOT ACCEPT LIENS. If there is no medical coverage, payment will be expected at time of visit.
PPO/HMO	We will call your insurance company and verify benefits. A co-payment is required at the time of your visit. You are also responsible for paying any deductible that hasn't been met. We will estimate as closely as possible your coverage. Until we actually receive payment from your insurance, it is just an estimate.

WE CONTACTED YOUR INSURANCE: _____ . THE FOLLOWING INFORMATION WAS GIVEN TO US REGARDING YOUR COVERAGE FOR PHYSICAL THERAPY:

_____ DED AMOUNT: _____ DED MET? _____

THERAPY COVERED @: _____ % # OF ALLOWED VISITS PER YEAR: _____

YOUR ESTIMATED CO-PAY / CO-INSURANCE / COST PER VISIT IS:
(subject to deductible being met)

Please call if you have any question's regarding your coverage.

THE INSURANCE COMPANY IS NOT RESPONSIBLE FOR YOUR MEDICAL BILL. YOU, THE PATIENT, ARE.

“I have read, understand, and agree to the provisions of this Financial Policy.”

Patient's Signature: _____ Today's Date: _____

To Our Patients Regarding Cancellations and No-Shows

The following is our policy regarding cancellations and no-shows. We take this subject seriously because it can make the difference between whether you succeed in your treatment or not. Usually your referring doctor and / or your therapist have prescribed a set frequency of treatment. Showing up as scheduled for these visits is your most important job. Then, all you need to do is follow your therapist's instructions and we will be able to help you achieve your therapy goals.

- We require 24 hours notice in the event of a cancellation. It is your responsibility when you call in, to have an alternative time in mind that will ensure you get in the full prescribed number of treatments that week whenever possible.
- **There is a \$50.00 charge for failure to show for your scheduled appointment or cancellation without proper notice.** This charge will not be covered by your insurance.
- For Worker's Compensation, documentation of any missed appointments is forwarded to your Case Manager and Physician. In which case this could jeopardize your claim. This charge will not be covered by your insurance.
- Please understand that your pain will probably increase and decrease as your course of treatment progresses. Either condition can seem to be a reason not to come in:
 - a) You are worse and think the treatment is not working.
 - b) You are feeling better and it's a great day for surfing, etc.

Neither of these conditions is legitimate as a reason not to come:

- a) If you're in pain, come in and get it fixed.
- b) If you are out of pain, now is the time that we can begin doing some real correction of the underlying cause of your problem, educate you so you won't re-injure yourself.

When you don't show as scheduled, three people are hurt: 1) **You** because you don't get the treatment you need; 2) the **therapist** who now has a space in their schedule since the time was reserved for you personally; 3) and **another patient** who could have been scheduled for treatment.

Please co-operate with us in this regard. We're looking forward to working with you.

Patient Intake Survey-Upper Extremity

Patient Name:	Survey Date:
Date of Birth:	Height: _____ ft _____ in Weight: _____ lbs
What condition are we seeing you for?	

We are interested in knowing whether you are having any difficulty with the activities listed below because of the lower limb problem for which you are currently seeking attention. Please provide an answer for each activity.

Today, how much do the problems for which you are seeking attention limit:	Unable to perform	With severe difficulty	With moderate difficulty	With mild difficulty	With no difficulty
1. Putting on a pullover sweater?					
2. Turning a key?					
3. Carrying a small suitcase with your affected limb?					
4. Washing your back?					
5. Carrying a shopping bag or briefcase?					
6. Doing heavy household chores (eg, washing windows or floors)?					
7. Laundering clothes (eg, washing, ironing, folding)?					
8. Doing up Buttons?					
9. Opening a tight or new jar?					
10. Opening doors?					

Adapted from Hudak PL, Amadio PC, Bomardier C, et al. Development of an upper extremity outcome measure: the DASH (Disabilities of the Arm, Shoulder, and Hand). Am J Industrial Med 1996;29:602-608, and Stratford PW, Binkley JM, Stratford DM. Development and initial validation of the upper extremity functional index. Physiotherapy Canada 2001;Fall:259-267, using Item Response Theory methods to co-calibrate items in to one scale for patients with elbow, wrist or hand impairments.

11. Please indicate the amount of pain you have had in the last 24 hours (Please circle Number):
 No Pain 0 1 2 3 4 5 6 7 8 9 10 Pain as bad as it can be

12. Indicate how many surgeries for your primary condition 0 1 2+

13. How many days ago did this condition begin?
 _____ 0-7 _____ 8-14 _____ 15-21 _____ 22-90 _____ 91-6 months _____ More than 6 months

14. Are you taking prescription medication for this condition? _____ Yes _____ No
 If yes, what medications? _____

15. Have you received treatments for this condition before? _____ Yes _____ No
 If yes, what type of treatment? _____

16. I should not do physical activities which (might) make my pain worse.
 _____ 0-Completely Disagree _____ 1 _____ 2 _____ 3-Unsure _____ 4 _____ 5 _____ 6-Completely Agree

17. How often have you completed at least 20 minutes of exercise such as jogging, cycling, or brisk walking, prior to the onset of your condition?
 _____ At least 3 times per week _____ Once or twice a week _____ Seldom or never
 Describe: _____

18. What is your present employment status? (Mark one response only)

- Employed and presently working full duty at same job
- Employed and presently working fulltime at different job
- Employed and presently working restricted duty at same job
- Employed and presently working restricted duty at different job
- Employed but presently not working due to my condition
- Previously employed and receiving disability benefits for my condition
- Unemployed Retired Student Other

Occupation: _____

19. Other health problems may affect your treatment. Please check any of the following problems that apply to you:

<input type="checkbox"/> Arthritis (rheumatoid/osteoarthritis) <input type="checkbox"/> Osteoporosis <input type="checkbox"/> Asthma <input type="checkbox"/> Chronic Obstructive Pulmonary Disease (COPD), acquired respiratory distress syndrome (ARDS) or emphysema <input type="checkbox"/> Angina <input type="checkbox"/> Congestive Heart Failure (or heart disease) <input type="checkbox"/> Heart Attack (Myocardial Infarction) <input type="checkbox"/> High Blood Pressure <input type="checkbox"/> Neurological Disease (such as Multiple Sclerosis or Parkinson's) <input type="checkbox"/> Stroke or TIA <input type="checkbox"/> Peripheral Vascular Disease <input type="checkbox"/> Headaches <input type="checkbox"/> Diabetes Types I and II <input type="checkbox"/> Gastrointestinal Disease (ulcer, hernia, reflux, bowel, liver, gall bladder)	<input type="checkbox"/> Visual Impairment (such as cataracts, glaucoma, macular degeneration) <input type="checkbox"/> Hearing Impairment (very hard of hearing, even with hearing aids) <input type="checkbox"/> Back Pain(neck pain, low back pain, degenerative disc disease, spinal stenosis) <input type="checkbox"/> Kidney, Bladder, Prostate or Urination Problems <input type="checkbox"/> Previous Accidents <input type="checkbox"/> Allergies <input type="checkbox"/> Incontinence <input type="checkbox"/> Anxiety or panic disorders <input type="checkbox"/> Depression <input type="checkbox"/> Other Disorders <input type="checkbox"/> Hepatitis/AIDS <input type="checkbox"/> Prior Surgery <input type="checkbox"/> Prothesis/Implants <input type="checkbox"/> Sleep Dysfunction <input type="checkbox"/> Cancer
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If you checked any of the above please explain: _____



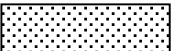

Do you smoke? Yes No

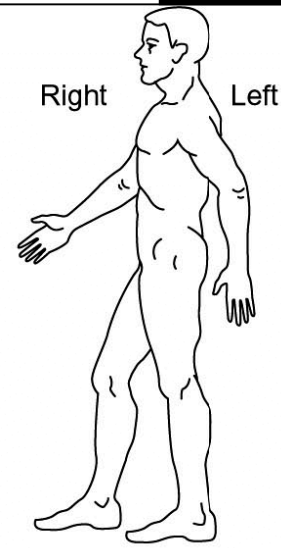
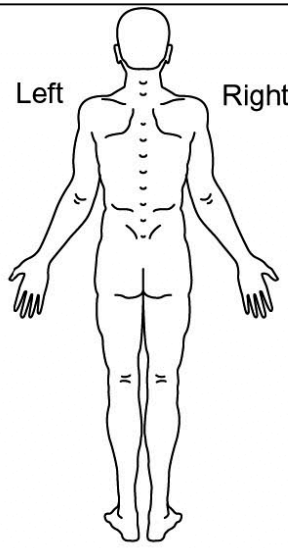
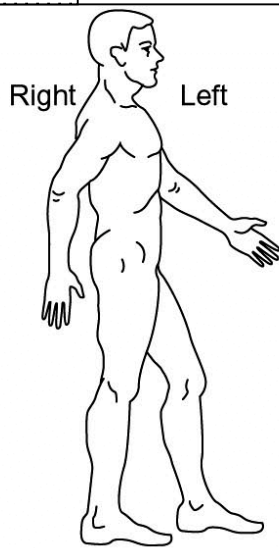
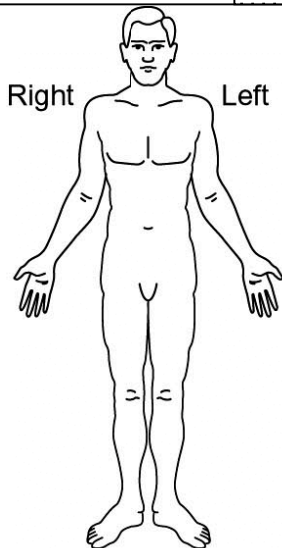
Are you currently pregnant? Yes No

Are you sensitive to heat or ice? Yes No

Have you used steroids or anti-coagulants (blood thinners)? Yes No

Pain Chart: Please indicate the location of your pain on the diagram below, USING THE KEY BELOW:

Sharp, stabbing pain= 	Dull and achy pain= 
Pins & Needles= 	Numbness (no sensation) = 



DISABILITIES OF THE ARM, SHOULDER AND HAND

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. Write.	1	2	3	4	5
3. Turn a key.	1	2	3	4	5
4. Prepare a meal.	1	2	3	4	5
5. Push open a heavy door.	1	2	3	4	5
6. Place an object on a shelf above your head.	1	2	3	4	5
7. Do heavy household chores (e.g., wash walls, wash floors).	1	2	3	4	5
8. Garden or do yard work.	1	2	3	4	5
9. Make a bed.	1	2	3	4	5
10. Carry a shopping bag or briefcase.	1	2	3	4	5
11. Carry a heavy object (over 10 lbs).	1	2	3	4	5
12. Change a lightbulb overhead.	1	2	3	4	5
13. Wash or blow dry your hair.	1	2	3	4	5
14. Wash your back.	1	2	3	4	5
15. Put on a pullover sweater.	1	2	3	4	5
16. Use a knife to cut food.	1	2	3	4	5
17. Recreational activities which require little effort (e.g., cardplaying, knitting, etc.).	1	2	3	4	5
18. 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
19. Recreational activities in which you move your arm freely (e.g., playing frisbee, badminton, etc.).	1	2	3	4	5
20. Manage transportation needs (getting from one place to another).	1	2	3	4	5
21. Sexual activities.	1	2	3	4	5

DISABILITIES OF THE ARM, SHOULDER AND HAND

	NOT AT ALL	SLIGHTLY	MODERATELY	QUITE A BIT	EXTREMELY
22. 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? (<i>circle number</i>)	1	2	3	4	5

	NOT LIMITED AT ALL	SLIGHTLY LIMITED	MODERATELY LIMITED	VERY LIMITED	UNABLE
23. 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? (<i>circle number</i>)	1	2	3	4	5

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

	NONE	MILD	MODERATE	SEVERE	EXTREME
24. Arm, shoulder or hand pain.	1	2	3	4	5
25. Arm, shoulder or hand pain when you performed any specific activity.	1	2	3	4	5
26. Tingling (pins and needles) in your arm, shoulder or hand.	1	2	3	4	5
27. Weakness in your arm, shoulder or hand.	1	2	3	4	5
28. Stiffness 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
29. 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

	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE
30. I feel less capable, less confident or less useful because of my arm, shoulder or hand problem. (<i>circle number</i>)	1	2	3	4	5

DASH DISABILITY/SYMPTOM SCORE = _____ ([(sum of n responses / n) - 1] x 25, where n is the number of completed responses.)

A DASH score may not be calculated if there are greater than 3 missing items.