

Name _____ Date _____
Last First MI

Address _____
Street City State Zip

Birth Date _____ Age _____ Gender _____

Phone #s: Home _____ Work _____ Cell _____

E-mail _____ Contact Preference: ☐ Home ☐ Work ☐ Cell ☐ E-mail

Employer/Occupation _____ Marital Status: ☐ Single ☐ Married ☐ Other

Referring Provider _____ Phone _____

Address of Referring Provider _____

Emergency Contact _____ Phone _____

INSURANCE INFORMATION – Please provide insurance card for copying at 1st appointment

Primary Insurance _____ Customer Service Phone _____

Subscribers Name _____ Birth Date _____

ID Number _____ Group Number _____

Patient's relationship to insured: ☐ self ☐ spouse ☐ child ☐ other Co-Pay amount _____

Secondary Insurance _____ Customer Service Phone _____

Subscribers Name _____ Birth Date _____

ID Number _____ Group Number _____

Patient's relationship to insured: ☐ self ☐ spouse ☐ child ☐ other

IF YOU HAD AN ACCIDENT, PLEASE COMPLETE THIS SECTION

Date of accident _____ How did it happen? ☐ Auto ☐ Work ☐ Other _____

Insurance Company _____ Claim Number _____

Address _____ Claims Adjuster _____ Phone _____

Attorney _____ Phone _____

Please read the following statements and sign below if you agree to the terms:

1. I authorize the release of any and all medical information that is necessary to process my claims or assist in my health care.
2. I have received a copy of the Notice of Privacy Practices and understand my rights to privacy and confidentiality regarding access to my medical records.
3. I authorize the payment of medical benefits for all claims filed to my insurance company. I am financially responsible for any balance.

Signed _____ Date _____



stride
PHYSIO

Current Health Condition

Name: _____ Todays Date: _____

Date of Birth: _____ Age: _____ Height: _____ Weight: _____

Hand Dominance ☐ Right ☐ Left Referring Provider: _____

Occupation: _____ Employer: _____

Diagnosis or reason for seeking physical therapy: _____

Date of onset (or approximately how long have you experienced symptoms): _____

Location of symptoms: _____

Have you had testing or imaging? ☐ Yes ☐ No If yes, what was done? _____

Have you had this problem before? ☐ Yes ☐ No If so when? _____

Have you had a history of trauma? ☐ Yes ☐ No If yes, explain: _____

Was a surgery performed? If so when? _____

Have you had physical therapy or other treatments prior to current health condition? ☐ Yes ☐ No

If you have pain, rate your pain level on a scale of 0-10 (0=no pain, 10=most extreme pain)

Current pain level _____ At worst _____ At best _____

How would you describe your pain: ☐ Ache ☐ Dull ☐ Sharp ☐ Burning ☐ Shooting
☐ Deep ☐ Superficial ☐ Numbness ☐ Tingling
☐ Other: _____

Are your symptoms: ☐ Constant ☐ Intermittent ☐ Infrequent ☐ Variable

Is your pain worse at a certain time of day? ☐ Yes ☐ No

If yes, ☐ Worse at night ☐ Worse in morning ☐ Other? _____

Do you have difficulties getting to sleep due to pain? ☐ Yes ☐ No

Do you wake due to pain? ☐ Yes ☐ No If yes, # of times per night: _____

Client Name: _____

What household duties are you having difficulties performing?

- ☐ Cooking ☐ Cleaning ☐ Vacuuming ☐ Laundry ☐ Yard Work
☐ Grocery Shopping ☐ Other: _____

What activities are difficult to perform due to your condition?

- ☐ Sitting ☐ Standing ☐ Squatting ☐ Walking ☐ Lifting
☐ Reaching ☐ Dressing/Grooming ☐ Driving ☐ Stairs
☐ Gripping/pinching ☐ Kneeling ☐ Lying down ☐ Work Tasks
☐ Changing positions ☐ Laughing, Coughing, Sneezing ☐ Sexual Activity
☐ Other: _____

What activities make your pain/symptoms better? _____

What activities make your pain/symptoms worse? _____

How has lifestyle/quality of life been impacted by this problem? _____

How would you rate your current level of stress? ☐ Low ☐ Medium ☐ High

How do you manage stress? _____

Previous Surgeries (*please list all and date*)

1. _____
2. _____
3. _____
4. _____

Previous Injuries/Orthopedic Problems/Motor Vehicle Collisions (*include date*)

1. _____
2. _____
3. _____
4. _____

Current Medications and/or Supplements and reason for taking

1. _____
2. _____
3. _____
4. _____

What hobbies, sports, fitness &/or recreational activities do you do regularly? _____

What goals do you have for therapy? _____

Signature

Date

Client Name: _____

General Medical/Health History

How would you classify your general health: ☐ Good ☐ Fair ☐ Poor

In terms of your general health, please check ALL that apply:

- | | | |
|---|--|---|
| <input type="checkbox"/> Alcohol/Drug Problems | <input type="checkbox"/> HIV | <input type="checkbox"/> Recent Fever |
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Hypoglycemia | <input type="checkbox"/> Recent Fractures |
| <input type="checkbox"/> Anemia | <input type="checkbox"/> Intolerance to cold/heat | <input type="checkbox"/> Recent Nausea/vomiting |
| <input type="checkbox"/> Asthma/Breathing Difficulties | <input type="checkbox"/> Jaw/Dental Issues | <input type="checkbox"/> Recent Unexplained Fatigue |
| <input type="checkbox"/> Cancer | Explain: _____ | <input type="checkbox"/> Recent Vision Changes |
| Type: _____ | <input type="checkbox"/> Kidney Problems | <input type="checkbox"/> Rheumatoid Arthritis |
| <input type="checkbox"/> Change in Bowel/Bladder Function | <input type="checkbox"/> Liver/Gallbladder problem | <input type="checkbox"/> Ringing in the ears |
| <input type="checkbox"/> Chest Pain/Angina | <input type="checkbox"/> Metal Implants | <input type="checkbox"/> Seizures/Epilepsy |
| <input type="checkbox"/> Concussions | <input type="checkbox"/> Multiple sclerosis | <input type="checkbox"/> Skin Abnormalities |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Night pain | <input type="checkbox"/> Smoking History |
| <input type="checkbox"/> Diabetes I or II | <input type="checkbox"/> Numbness/Tingling | <input type="checkbox"/> Stroke/TIA |
| <input type="checkbox"/> Fibromyalgia | <input type="checkbox"/> Osteoarthritis | <input type="checkbox"/> Surgeries |
| <input type="checkbox"/> Heart Attack | <input type="checkbox"/> Osteoporosis | <input type="checkbox"/> Unexplained Weight Loss/Gain |
| <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Pacemaker | <input type="checkbox"/> Vertigo/Vestibular Disorders |
| <input type="checkbox"/> Heart Palpitations | <input type="checkbox"/> Pain with Cough/Sneeze | <input type="checkbox"/> Vision Changes |
| <input type="checkbox"/> Hepatitis | <input type="checkbox"/> Physical Abnormalities | <input type="checkbox"/> Other |
| <input type="checkbox"/> Hernia | <input type="checkbox"/> Polio | _____ |
| <input type="checkbox"/> High/Low Blood Pressure | <input type="checkbox"/> Recent Dizziness/Fainting | |
| | <input type="checkbox"/> Recent Headaches | |

Pelvic Medical/Health History

In terms of your pelvic health, please check ALL that apply (complete only if applicable for care):

- | | | |
|---|--|---|
| <input type="checkbox"/> Coccyx Pain | <input type="checkbox"/> Fecal or Gas Incontinence | <input type="checkbox"/> Prostate Disorders |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> IBS | <input type="checkbox"/> Sexual Dysfunction |
| <input type="checkbox"/> Currently Pregnant | <input type="checkbox"/> Painful Ejaculation | <input type="checkbox"/> Sexually Transmitted Disease |
| <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Painful Periods | <input type="checkbox"/> Shy Bladder |
| <input type="checkbox"/> Endometriosis | <input type="checkbox"/> Pelvic Pain | <input type="checkbox"/> Urine Leakage |
| <input type="checkbox"/> Erectile Dysfunction | <input type="checkbox"/> Physical or Sexual Abuse | <input type="checkbox"/> Vaginal Dryness |

Menopause? ☐ Yes ☐ No If yes, date: _____

Date of Last Pelvic Exam: _____

Number of Pregnancies: _____

Number of Child Births: _____

Number of C-Sections: _____

Number of Vaginal Deliveries: _____

Signature

Date