THRIVE
PHYSICAL THERAPY

Date: _____ Name: _____
DOB: _____ Acct: _____
Insurance:

Patient Health History and Information

Age: _____ **Height:** _____ **Weight:**_____ **Sex:** M F **Dominant hand:** R L **Could you be or are you pregnant:** Yes No

Occupation/job title: _____ Self Student Full time Part time Retired Unemployed

Reason for Therapy:_____

Date of injury or onset of symptoms: ___/___/___

Please describe how your injury/problem occurred:_____

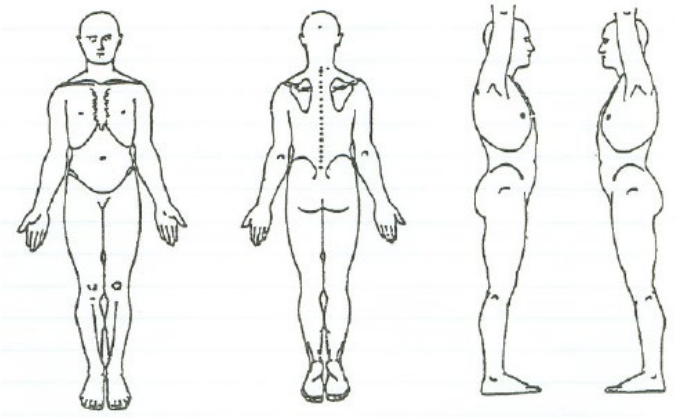
Please check any treatments you are currently receiving Chiropractic ☐ Massage ☐ Nutrition ☐ Yoga ☐ Pilates ☐ Personal Trainer ☐

Injection: type: _____ ___/___/___ Surgery: type:_____ ___/___/___ Other:_____ ___/___/___

For this condition have you had any of the following? EMG___/___/___ X-ray ___/___/___ MRI / CT scan ___/___/___

Have you had this problem before? _____ When?_____ What kind of treatment?_____

Using the key below indicate on the body diagrams where your symptoms are located.
X=Pain **//**= Numbness
O=Tingling



Please rate your pain (0=none, 1=minimal, 10=severe)

At present:	0	1	2	3	4	5	6	7	8	9	10
At worst:	0	1	2	3	4	5	6	7	8	9	10
At best:	0	1	2	3	4	5	6	7	8	9	10

Please describe CIRCLE your pain/symptoms

Constant	Intermittent	Sharp	Dull	Aching	Burning
Decreasing		Increasing		Staying the same	
Weakness	Giving way	Throbbing	Other:_____		

Which side are we seeing you for?: Right Left

What makes your symptoms worse? _____

What makes your symptoms better? _____

Limitations due to your current problem:_____

____Laying down	____Bending	____Turning Head	____Sleep/Awake from Pain
____Sit to stand	____Work	____Sitting	____Self Care/Hygiene
____Up/Down Stairs	____Driving	____Walking	____Home activities
____Squatting/Lifting	____Swallowing	____Standing	____Repetitive activities
____Looking overhead	____Talk/Chew/Yawn/All	____Reaching	____Sport/Recreation
____Taking a breath	____ Cough/sneeze pain	____Child care	

What are your goals for therapy? (Two things you want to be able to do again or do better)

1._____ **2.** _____

Since your symptoms began have you had any of the following:

Fever / Chills	Yes	No	Unexplained weight change	Yes	No
Nausea / Vomiting	Yes	No	Night sweats / pain	Yes	No
Numbness genital/anal area	Yes	No	Problems with vision / hearing / speech	Yes	No
Dizziness / Fainting	Yes	No	Difficulty with bowel/bladder function	Yes	No
Unexplained weakness	Yes	No	Other:_____	Yes	No
Headaches	Yes	No			

Date:_____ Name:_____

D.O.B._____ Patient Account _____
Insurance: _____

Who referred you to Physical Therapy? _____**Primary Physician**: _____

How did you hear about Thrive Physical Therapy? Physician Friend/relative Website/Google Previous patient Self Coach Other

GENERAL HEALTH HISTORY:

Have you had any falls or near falls in the past year? _____ Yes ____ No

Rate your overall health: Excellent Good Average Poor

Living Situation: Alone Spouse Family Others

Do you exercise? Yes No _____x/week Type:_____

Do you smoke? Yes No **Do you drink caffeinated beverages?** Yes No ____/week

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Physical activities at work: Sitting Standing Computer use Phone use Repetitive/Heavy lifting Other:_____

Employer:_____ **Current work duty:** Full duty Restricted duty **Work days missed:** _____

QRC and/or Adjuster (if you have one)**:**_____

Surgical history: _____

Have you or anyone in your immediate (brother, sister, child, parent, grandparent) **family ever been diagnosed with any of the followin**

Allergies/asthma	Self	Family	No	Kidney problems	Self	Family	No
Anxiety	Self	Family	No	Thyroid problems	Self	Family	No
Cancer	Self	Family	No	Epilepsy/dizziness	Self	Family	No
High Cholesterol	Self	Family	No	Tuberculosis	Self	Family	No
High blood pressure	Self	Family	No	Anemia/blood disorder	Self	Family	No
Heart trouble/angina	Self	Family	No	Multiple Sclerosis	Self	Family	No
Diabetes	Self	Family	No	Circular/vascular problems	Self	Family	No
Stroke	Self	Family	No	Chemical dependency	Self	Family	No
Osteoporosis	Self	Family	No	Pace maker/metal implants	Self	Family	No
Osteoarthritis	Self	Family	No	AIDS/HIV	Self	Family	No
Rheumatoid arthritis	Self	Family	No	Hepatitis	Self	Family	No
Depression	Self	Family	No	Bladder/bowel problems	Self	Family	No
Headaches	Self	Family	No	Other:			

Over the past 2 weeks, how often have you been bothered by any of the following problems?

1. Little interest in the pleasure of doing things: **0**- Not at all **1**- Several days **2**- More than half the days **3**- Nearly every day
2. Feeling down, depressed or hopeless: **0**- Not at all **1**- Several days **2**- More than half the days **3**- Nearly every day

Are there any other issues/concerns that you think we should know about that may or may not affect your ability to benefit from physical/occupational therapy treatment: No _____ Yes _____

Patient Signature: _____ **Date** ____/____/____

Reviewed by Therapist: _____ **Date** ____/____/____

MD follow-up: ____/____/____ ☐ None Scheduled

With-in 90 days of last Medical history completion (date and initial any changes)
– Medical History reviewed by patient, changes noted and reviewed by therapist.

Patient Signature:_____ **Date** ____/____/____

Reviewed by Therapist: _____ **Date** ____/____/____