VEHICLE ACCIDENT INFOLMATION

PATIENT INFORMATION	
Date	
Patient Name	
Date of Accident Time of Accident	a.m.
	p.m.
Please describe the accident in your own words:	
Were you the: Driver Front Passenger How many people were Rear Passenger Pedestrian in the accident vehicle?	
	!
ACCIDENT SITE IMPACT	
Road/Street Name Did your car impact another vehicle?	
City/State Did your car impact a structure?	
Nearest intersection with road/street If yes, explain	
Driving conditions Dry Wet Cley Other	}
Which direction were you headed? Did any part of your body strike anything in the vehicle	a?
Speed you were traveling? Yes No If yes, explain	
Was impact from :	
Make and model of vehicle you were in: At the time of impact were you: ☐ Looking straight ahead ☐ Looking to the impact were you:	iaht
Looking to the left ☐ Looking down	.5
Were you wearing a seatbelt? ☐ Yes ☐ No ☐ Looking up	
Man webiele agains ad with girbage? \(\text{Voc.} \) \(\text{No.} \)	No
Was vehicle equipped with airbags? ☐ Yes ☐ No If yes, did it/they inflate properly? ☐ Yes ☐ No If no, which hand was on the wheel? ☐ Right ☐	Left
Did your seet have a headrest?	No
If yes, which foot was on the brake? LI Right L	Left
☐ Low ☐ Midposition ☐ High ☐ Were you: ☐ Surprised by impact ☐ Braced for in	pact
OTHER VEHICLE POLICE	÷ ;
(if applicable) Did the police come to the accident site? Yes	No
	No
Was a police report filed?	No
Speed other vehicle was traveling Was a traffic violation issued? Yes	No

PATIENT CONDITION						
Were you unconscious immediately after the accident? Yes No If yes, for how long?Please describe how you felt immediately after the accident:						
۸۰,						
TREATMENT						
Did you go to the hospital? ☐ Yes ☐ No When did you go? ☐ Immediately after accident ☐ Next day ☐ 2 days or more after the accident How did you get to the hospital? ☐ Ambulance ☐ Private transportation						
Name of hospitalName of doctor						
Diagnosis						
Treatment received						
X-rays taken						
SYMPTOMS/INJURIES						
Have you been able to work since this injury? ☐ Yes ☐ No How many work days have you missed?						
☐ Arm/shoulder pain ☐ Feet/toe numbness ☐ Neck pain ☐ Back pain ☐ Hand/finger numbness ☐ Neck stiff ☐ Back stiffness ☐ Headaches ☐ Shortness of breath ☐ Chest pain ☐ Irritability ☐ Sleep difficulty ☐ Dizziness ☐ Jaw problems ☐ Stomach upset ☐ Ear buzzing ☐ Leg pain ☐ Tension ☐ Ear ringing ☐ Memory loss ☐ Vision blurred ☐ Fatigue ☐ Nausea						
Is this condition getting progressively worse?						
Mark an X on the picture where you continue to have pain, numbness, or tingling.						
Rate the severity of your pain on a scale from 1 (least pain) to 10 (severe pain)						
Type of pain: Sharp Dull Throbbing Numbness Aching Shooting Burning Tingling Cramps Stiffness Swelling Other						
How often do you have this pain?						
Is it constant or does it come and go?						
Does it interfere with your: ☐ Work ☐ Sleep ☐ Daily Routine ☐ Recreation						
Activities or movements that are painful to perform: Sitting Standing Walking Bending Lying Down						
I certify that the above information is correct to the best of my knowledge.						

Patient Signature_

	जन	ሚመውምን (CALLEGERAL D. I. CAL D. I. M. I. D. I. M. O. O. C.
		A12FD (OSWESTRY BACK PAIN DISABILITY QUESTIONNAIRI
1	Vame		Date
·	Please read carefully:		
	life. Please answer every section, and mark in each section	on only C	ow your back pain has affected your ability to manage everyday NE CHOICE which applies to you. We realize that you may , but please just mark the one box which most closely describes
S	ECTION 1 - Pain Intensity	SE	CTION 6 – Standing
A	The pain comes and goes and is very mild.		I can stand as long as I want without pain.
E		В.	I have some pain while standing, but it does not increase with
2			time.
I	·	C.	I cannot stand for longer than I hour without increasing pain.
· E		D.	I cannot stand for longer than ½ hour without increasing pain.
F	<u>. </u>		I cannot stand for longer than 10 minutes without increasing pain.
	ECTION 2 - Personal Care	F.	Pain prevents me from standing at all.
. A	order to avoid pain.		
В	. I do not normally change my way of washing or dressing even	A A	CTION 7 – Sleeping I get no pain in bed.
_	though it causes some pain.		I get pain in bed, but it does not prevent me from sleeping
C	. Washing and dressing increases the pain, but I manage not to change my way of doing it.		well.
D	. Washing and dressing increases the pain and I find it necessary to change my way of doing it.	. C,	Because of pain, my normal night's sleep is reduced by less than one-quarter.
E.		D.	Because of pain, my normal night's sleep is reduced by less than one-half.
F.	- · · · · · · · · · · · · · · · · · · ·	. E.	Because of pain, my normal night's sleep is reduced by less than three-quarters.
		F.	Pain prevents me from sleeping at all.
SI	ECTION 3 - Lifting		a ma brevers me nem prechuig at ant
A.	. I can lift, heavy weights without extra pain.	SEC	TION 8 – Social Life
В.	I can lift heavy weights but it gives me extra pain.	A.	My social life is normal and gives me no pain.
C.	Pain prevents me from lifting heavy weights off the floor.	-B.	My social life is normal, but increases the degree of my pain.
D.	Pain prevents me from lifting heavy weights off the floor, but	C.	Pain has no significant effect on my social life apart from
	I can manage if they are conveniently positioned-eg, on a table		limiting my more energetic interests, en denoing atc
E.	Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.	D.	Pain has restricted my social life and I do not go out very often.
F.	I can only lift very light weights, at the most.	E.	Pain has restricted my social life to my home.
	CTION 4 - Walking	1.	I have hardly any social life because of the pain.
Α.	Pain does not prevent me from walking any distance.	SEC	TION 9 - Traveling
В.			I get no pain while traveling.
C.	Pain prevents me from walking more than 1/2 mile.		I get some pain while traveling but none of my usual forms of
D.	Pain prevents me from walking more than 1/2 mile.		travel make it any worse.
E.	I can only walk using a stick or crutches.	C.	get extra pain while traveling but it does not compel me to
F.	I am in bed most of the time and have to crawl to the toilet.	•	seek alternative forms of travel.
	,	D. :	get extra pain while traveling which compels me to seek
SE	CTION 5 – Sitting	1	alternative forms of travel.
A.	I can sit in any chair as long as I like without pain.		Pain restricts all forms of travel.
В.	I can only sit in my favorite chair as long as I like.	F. 1	Pain prevents all forms of travel except that done lying down.
C.	Pain prevents me sitting more than 1 hour.		•
D.	Pain prevents me sitting more than ½ hour.		TION 10 – Changing Degree of Pain
E.	Pain prevents me sitting more than 10 minutes.	. A. 1	My pain is rapidly getting better.
F.	Pain prevents me from sitting at all.	B. 1	My pain fluctuates, but overall is definitely getting better.

- B. My pain fluctuates, but overall is definitely getting better.
 C. My pain seems to be getting better, but improvement is slow at preșent.
- D. My pain is neither getting better nor worse.
- E. My pain is gradually worsening.F. My pain is rapidly worsening.

Examiner

With Permission from Hudson-Cook N, Tomes-Nicholson K, Breen AC. A Revised Oswestry Back Disability Questionnaire. Manchester Univ Press, 1989.

OTHER COMMENTS:

NECK DISABILITY INDEX QUESTIONNAIRE Patient Name Please read carefully: This questionnaire has been designed to enable us to understand how your neck pain has affected your ability to manage everyday life, Please answer every section, and mark in each section only ONE CHOICE which applies to you. We realize that you may consider that two of the statements in any one section relate to you, but please just mark the one box which most closely describes your problem right now. SECTION 1 - Pain Intensity A. I have no pain at the moment. SECTION 7 - Work B. The pain is very mild at the moment, A. I can do as much work as I want to. B. I can only do my usual work, but no more. The pain is moderate at the moment. C. I can do most of my usual work, but no more. D. The pain is fairly severe at the moment. D. I cannot do my usual work. The pain is very severe at the moment. E. I can hardly do any work at all. F. The pain is the worst imaginable at the moment. F. I cannot do any work at all. SECTION 2 - Personal Care (washing, dressing, etc.) A. I can look after myself without causing extra pain. SECTION 8 - Driving A. I can drive without any neck pain. B. I can look after myself normally but it causes extra pain. B. I can drive as long as I want with slight pain in my neck. C. It is painful to look after myself and I am slow and careful. D. I need some help but manage most of my personal care. C. I can drive as long as I want with moderate pain in my neck. D. I cannot drive as long as I want because of moderate pain in my E I need help every day in most aspects of self care. F. I do not get dressed, wash with difficulty and stay in bed. I can hardly drive at all because of severe pain in my neck. F. I cannot drive my car at all. SECTION 3 - Lifting A. I can lift heavy weights without extra pain. SECTION 9 - Sleeping B. I can lift heavy weights but it gives extra pain. A. I have no trouble sleeping. C. Pain prevents me from lifting heavy objects off the floor, but I can My sleep is slightly disturbed (less than 1 hr. sleepless). manage if they are conveniently positioned, e.g. on a table. My sleep is mildly disturbed (1-2 hrs. sleepless). Pain prevents me from lifting heavy weights but I can manage light My sleep is moderately disturbed (2-3 hrs. sleepless). to medium weights if they are conveniently positioned. My sleep is greatly disturbed (3-5 hrs, sleepless). I can lift very light weights. F. I cannot lift or carry anything at all. F. My sleep is completely disturbed (5-7 hrs. sleepless). SECTION 4 - Reading SECTION 10 - Recreation A. I can read as much as I want with no pain in my neck. A. I am able to engage in all my recreation activities with no neck pain at all. B. I can read as much as I want with slight pain in my neck. B. I am able to engage in all my recreation activities with some pain C. I can read as much as I want with moderate pain in my neck. in my neck. D. I cannot read as much as I want because of moderate pain in my C. I am able to engage in most, but not all of my usual recreation neck. activities because of pain in my neck. E. I can hardly read at all because of severe pain in my neck. D. I am able to engage in a few of my usual recreation activities F. I cannot read at all. because of pain in my neck. E. I can hardly do any recreation activities because of pain in my SECTION 5 - Headaches A. I have no headaches at all. F. I cannot do any recreation activities at all. B. I have slight headaches which come infrequently. C. I have moderate headaches which come infrequently. OTHER COMMENTS: D. I have moderate headaches which come frequently. E. I have severe headaches which come frequently. F. I have headaches almost all the time.

With Permission from: Vernon H, Mior S. The Neck Disability Index: A study of reliability and validity. J Manipulative Physiol Ther 1991;14:409-415, Copyright Vernon H and Hagino C, 1990.

Examiner

SECTION 6 - Concentration

F. I cannot concentrate at all.

A. I can concentrate fully when I want to with no difficulty.
B. I can concentrate fully when I want to with slight difficulty.
C. I have a fair degree of difficulty in concentrating when I want to.
D. I have a lot of difficulty in concentrating when I want to.
E. I have a great deal of difficulty in concentrating when I want to.

THE



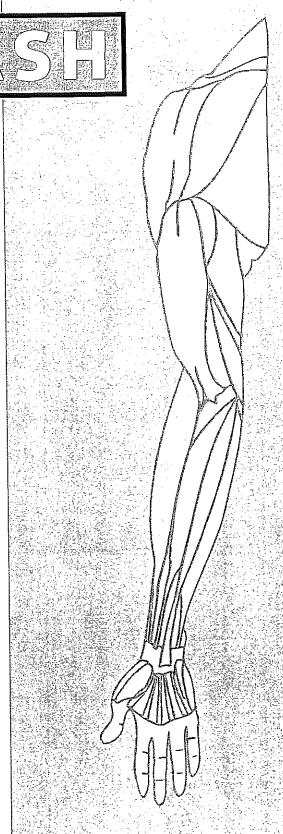
INSTRUCTIONS

This questionnaire asks about your symptoms as well as your ability to perform certain activities.

Please answer every question, based on your condition in the last week, by circling the appropriate number.

If you did not have the opportunity to perform an activity in the past week, please make your *best estimate* on which response would be the most accurate.

It doesn't matter which hand or arm you use to perform the activity; please answer based on your ability regardless of how you perform the task.



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.	and the second s	1	2	3	4	5
5. Push open a heavy door.		1	2.	3	4	5
6. Place an object on a shelf abo	ove 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 brie	fcase.	1	2	3	4	5
11. Carry a heavy object (over 1	0 lbs).	1	2	3	4	5
12. Change a lightbulb overhead	I.	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.	. <u> </u>	1	2	3	4	5
16. Use a knife to cut food.		1	2	3	4	5
17. Recreational activities which (e.g., cardplaying, knitting, e	require little effort tc.).	1	2	3	.4	5
 Recreational activities in which or impact through your arm, (e.g., golf, hammering, tenn 	shoulder or hand	1	2	3	4	5
 Recreational activities in white arm freely (e.g., playing frist) 	ch you move your nee, badminton, etc.).	1	2	3	4	5
20. Manage transportation need (getting from one place to a		1	2	3	4	.
21. Sexual activities.		1	2	3	4	5

DISABILITIES OF THE ARM, SHOULDER AND HAND

•	•	-	•			
٠		NOT AT ALL	SLIGHTLY	MODERATELY	QUITE A BIT	EXTREMELY
22.	During the past week, to what extent has your arm, shoulder or hand problem interfered with your normal social activities with family, friends, neighbours or groups? (circle number)	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? (circle number)	1	2	3	4	5
Plea	se rate the severity of the following symptoms in the last we	ek. (circle num	ber)			
	•	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 (circle number)	? 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. (circle number)	1	2	3	4	5

DASH DISABILITY/SYMPTOM SCORE = $[(sum.of \ n \ responses) - 1] \times 25$, where n is equal to the number of completed responses.

DISABILITIES OF THE ARM, SHOULDER AND HAND

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:_____

p 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:_

O 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.



The Lower Extremity Functional Scale

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

Today, do you or would you have any difficulty at all with:

	THE PROPERTY AND ADDRESS OF THE PROPERTY ADDRESS OF THE PROPER					
	Activities	Extreme Difficulty or Unable to Perform Activity	Quite a Bit of Difficulty	Woderate Diffictily	A Little Bit of Difficulty	No Difficulty
₽	Any of your usual work, housework, or school activities,	0		2	e e	4.
.;	Your usual hobbies, re creational or sporting activities.	0		2	ď	4.
က	Getting into or out of the bath.	0		2	0) (1.	4.
4	Walking between rooms.	0	-1	2	0 6.	4
ಬ	Putting on your shoes or socks.	0			C.	7.
9	Squatting,	0		2	0 6	† ·
7	Lifting an object, like a bag of groceries from the floor.	0	-	9	0 (7.	Δ.
တ	Performing light activities around your home.	0) (r	1
တ	Performing heavy activities around your home,	0	7	2	o c	4.
5	Getting into or out of a car.	0		-) (X	V.+
1	Walking 2 blocks.	0 ·	-1	2) (r.	4.
7	Walking a mile.	0	7	2	(n	7
13	Going up or down 10 stairs (about 1 flight of stairs).	0.	۲	2	m	4.
1.4	Standing for 1. hour.	. 0	\d	2	m	. A.
15	Sitting for 1 hour.	0		2	හ	4,
16	Running on even ground.	0	~	2	m	Zi.
۲ <u>۳</u>	Running on uneven ground.	0		2	ď	4.
18	Malding sharp turns while running fast.	0	7-1	2 0) (t	77
139	Hopping	0	+	1 2	0	. 4
20	Rolling over in bed.	0	-	1 6	1 07	4.
	Column Totals:			110-14-14-14-14-14-14-14-14-14-14-14-14-14-		
	AND THE PROPERTY OF THE PROPER					***************************************

7 80 SCORE: Minimum Level of Detectable Change (90% Confidence): 9 points

Binkley et al (1999): The Lower Extremity Functional Scale (LEFS); Scale development, measurement properties, and clinical application. Physical Therapy, 79:371-383. Source:

DAILY ACTIVITES ASSESSMENT QUESTIONAIRE

KEY #1

- 1 "I can do it without any difficulty"
- 2- "I can do it without much difficulty, despite some pain"
- 3 "I can manage to do it by myself, despite marked pain"
- 4 "I can manage to do it, despite pain, but only if I have help"
- 5 "I cannot do it at all, because of the pain"

DIFFICULTIES WITH SELF CARE AND PERSONAL HYGIENE (USE KEY #1)

Bathing [Orying Hair	Brushing Teeth	Putting on Shoes	_ Preparing Meals	Taking out Trash	
Showering C	Combing Hair	Making Bed	Tying Shoes	Eating	Doing Laundry	
Washing Hair V	Vashing Face	Putting on Shirt	Putting on Pants	Clearing Table	Going to Toilet	
DIFFICULTIES WITH PHYSICAL ACTIVITIES (USE KEY #1)						
Standing V	Valking	Kneeling	Bending Back	Twisting Left	Leaning Back	
SittingS	Stooping	Reaching	Bending Left	Twisting Right	Leaning Left	
Reclining S	iquatting	Bending Forward	Bending Right	Leaning Forward	Leaning Right	
Standing for Long Period	ds Sitting	for Long Periods	Walking for Long Perio	ods Kneeling for	Long Periods	
	DIFFI	CULTIES WITH FUN	CTIONAL ACTIVITIES (L	JSE KEY #1)		
Carrying Small Objects	Lifting we	ights off Floor	Pushing things while Sea	ited Exercising	the Upper Body	
Carrying Large Objects	Lifting we	ights off Table	Pushing things while sta	nding Exercising	g the Lower Body	
Carrying Brief Case	Climbing	Stairs	Pulling things while Sea	ted Exercising	g the Arms	
Carrying Large Purse	Climbing	Inclines	Pulling things while Star	nding Exercising	g the Legs	
	DIFFICULTIES	WITH SOCIAL AND	RECREATIONAL ACTIV	VITIES (USE KEY #1)		
Bowling Jo	gging Si	vimming lo	e Skating Co	mpetitive Sports	Dating	
Golfing Da	ncing Sk	iing Ro	oller Skating Ho	obbies	Dining Out	
		DIFFICULTIES WIT	H TRAVELING (USE KE	Y #1)		
Driving a Motor Vehicle		Riding as a passenger is	n a Motor Vehicle	Riding as a passenger of	on a Train	
Driving for Long Periods of Time Riding as a passenger on an Airplane Riding as a passenger for a Long Time						
KEY #2 1 -"This area is not affected by my condition" 2 - "This area is slightly affected by my condition" 3 - "My Condition moderately Restricts my ability in this area" 4 - "My Condition seriously limits my ability in this area" 5 - "My Condition prevents me from using this ability"						
DIFFICULTIES WITH COMMON COMMUNICATION (USE KEY#2)						
Concentrating	Listening	Speaking	Reading W	/riting Using a Ke	eyboard	
Seeing	Hearing	Sense of Too	uch Sense of ⁻	Taste Sense o	f Smell	
Grasping	Holding	Pinching	Percussive Movements	Sensory Discrimi	ination	
Being able to have a nor	rmal, restful night of	sleep	Being able to participa	ate in desired sexual activit	у	



Specializing in the non-surgical treatment of spine pain and orthopedic injuries

AGREEMENT OF BENEFITS & LTD POWER OF ATTORNEY

I,	, irrevocably assign to you, my
medical provider, all of my rights and benefits upon for services rendered to me. I authorize you to services rendered to me and this specifically income on my behalf against the PIP carrier/health to retain an attorney of your choice on my behalf all reimbursable medical payments go directly you to act on my behalf. I consent to your acting to my general health insurance coverage pursua set forth in the NJ Administrative Code.	offile insurance claims on my behalf for cludes filing arbitration/litigation in your a care carrier. I irrevocably authorize you off for collection of your bills. I direct that to you, my medical provider. I authorize you my behalf in this regard and in regard
In the event the insurance carrier responsible for does not accept my assignment, or my assignment execute this limited/special power of attorney a attorney as my agent and attorney to collect paragainst the carrier in this case in my name in lawsuit. I specifically authorize that attorney name or in your name as a medical provider rerecollection attorney as my attorney in fact. I furt as my medical provider to receive and collect of due you for services rendered to me in this recarrier to pay you directly any monies due you for	ment is challenged or deemed invalid, I and appoint and authorize your collection syment for your medical services directly actuding filing an arbitration demand or to file directly against that carrier in my adering services to me and designate your her grant limited power of attorney to you directly from the insurance carrier money matter, and hereby instruct the insurance
I authorize you and or your attorney to obtain me condition from any other health care provider etc., and I specifically authorize such health information to you about me, including medical and any other report or information regarding medical and any other report or information regarding medical section.	 including hospitals, diagnostic centers, care provider(s) to release all such reports, x-ray reports, narrative reports,
Patient Signature	Date
Printed Name	