

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Why are you here? \_\_\_\_\_

Describe the injury/overuse episode/or a specific cause to your complaint: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Date of injury or when symptoms began: \_\_\_\_\_

If chronic, how long has there been a recent flare-up? \_\_\_\_\_

Have you had any previous surgeries that are related to this problem? Yes No

If yes, what kind: \_\_\_\_\_

when: \_\_\_\_\_

what surgeon: \_\_\_\_\_

any complications/infection: \_\_\_\_\_

Is your complaint getting: better | worse | or persistent

Rate pain of the specific complaint: 0 1 2 3 4 5 6 7 8 9 10 (10 being the worst)

Where is the location of the worst pain, if any? \_\_\_\_\_

Does it radiate? Yes No If yes, where? \_\_\_\_\_

Type of pain: Sharp | Dull | Aching | Throbbing | Diffuse | Other: \_\_\_\_\_

If joint pain, do you get: stiffness | loss of motion | swelling | redness | warmth  
painful clicking or catching | locking | giveaway instability or buckling  
(How frequent : \_\_\_\_\_) dislocation | other? \_\_\_\_\_

What makes it worse? \_\_\_\_\_

For upper extremity: Lifting | Overhead | Reaching: behind back | across body  
out to the side | Other: \_\_\_\_\_

For lower extremity: Standing | Walking | Rising from seated position | Stairclimbing  
Squatting | Kneeling | Twisting | other: \_\_\_\_\_

What makes it better? Rest | ice | heat | compression | elevation  
other: \_\_\_\_\_

Do you feel any numbness or tingling? Yes No If yes, where? \_\_\_\_\_

How long? \_\_\_\_\_

Do you have: fever | chills | none

Do your symptoms wake you up at night? Yes No

For upper extremity: Do you have any midline neck pain? Yes No

Hand dominance? ( R / L )

For lower extremity: Do you have any pain of the: hip | back | groin | none

Are you taking any medications for this problem and how well do they work? List includes Tylenol,  
Advil, Aleve, Motrin, etc. \_\_\_\_\_  
\_\_\_\_\_

Have you been seen for this problem before? Yes No By who? \_\_\_\_\_

Prescriptions for this problem? Yes No Who prescribed? \_\_\_\_\_

Did they work? Yes No

Injections? Yes No What type? \_\_\_\_\_ How many? \_\_\_\_\_

How long did they work? \_\_\_\_\_

Physical therapy? Yes No When? \_\_\_\_\_

How long? \_\_\_\_\_ Did it work? Yes No

Are you a smoker? Yes No Are you diabetic? Yes No