

***Welcome to our practice!***  
***Please help us serve you better by taking a few minutes to provide the following information.***

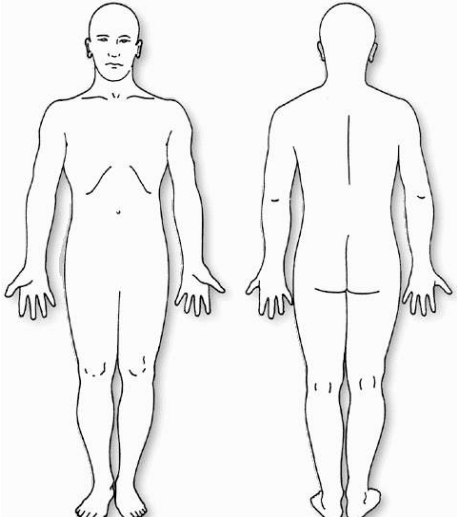
Name:			Today's date:	
	Last Name	First Name		
Address:				
City:				
State:				
ZIP:				
Phone:				
	mobile	home	work	
DOB:		Age:		Gender: M F
Email:				
Occupation:		Marital status:	M	S W D
Employer:				
<b><i>Emergency Contact:</i></b>				
Name:		Phone:		
<b><i>Primary Care Physician</i></b>				
Name:		Date of next visit		
<b><i>Specialist Physician</i></b>				
Name:		Date of next visit		

How did you hear about our practice?	
Who can we thank for referring you to our practice?	

# Permar Physical Therapy

## New Patient Information Sheet

**The following is very important in our evaluation process.  
Please fill out these forms as specifically as possible to provide us with a clear picture of your present pain and functional status.**

<b>What is the primary issue/problem that brings you in today?</b>	<p><b>Please shade in areas where you have pain, discomfort, or tension.</b></p> 
<b>Secondary concern/problem?</b>	
<b>As a result, I am now having difficulty with:</b>	
<b>Are you currently experiencing pain as a result of these symptoms? If yes, what is it like?</b>	
<b>When did your symptom(s) begin? Date:</b>	

<b>Please rate your pain in the last 24-72 hours</b>  Using the "0 -10" scale where 0 is no pain and 10 is the worst possible pain.	At its worst	
	At its best	
	At present	
	Night (sleeping)	

At what time of day are your symptoms the worst?	
At what time of day are your symptoms the best?	
What activities increase your pain?	
What activities decrease your pain?	

What other types of treatment have you had for this problem?											
	Massage		Bodywork		Physical Therapy		Myofascial Release		Chiropractic		Surgery
Other Medical Treatment: (Please Describe)											

# Permar Physical Therapy

## New Patient Information Sheet

Check the box if you have had any of the following medical conditions?											
<input type="checkbox"/>	Diabetes	<input type="checkbox"/>	Lung disease	<input type="checkbox"/>	Weight change	<input type="checkbox"/>	Varicose veins	<input type="checkbox"/>	Neurological problems	<input type="checkbox"/>	Pregnancy
<input type="checkbox"/>	Rheumatic fever	<input type="checkbox"/>	Osteoporosis	<input type="checkbox"/>	Migraine headaches	<input type="checkbox"/>	Epilepsy / seizures	<input type="checkbox"/>	Stroke	<input type="checkbox"/>	Blackouts
<input type="checkbox"/>	Heart Murmur	<input type="checkbox"/>	Cancer	<input type="checkbox"/>	Arthritis	<input type="checkbox"/>	Broken bones (fracture)	<input type="checkbox"/>	Metal implants	<input type="checkbox"/>	High blood pressure
<input type="checkbox"/>	Circulatory problems	<input type="checkbox"/>	Liver disease	<input type="checkbox"/>	Heart disease / pacemaker	<input type="checkbox"/>	Kidney disease	<input type="checkbox"/>	<b>Others (explain below)</b>		

List past medical history and dates of occurrence. Include surgeries, accidents and other traumas.

List ALL medications which you are currently taking, the condition for which you are using them, the dose, and their effectiveness. (Include supplements, herbal and homeopathic remedies).			
Medication	For treatment of	Dose / Amount per day	Effectiveness

Do you smoke?	Yes	No	If "Yes" – How much?	
When did you quit?			If not, Would you like to quit?	
Is there a chance you may be pregnant at this time?	Yes		No	
Do you engage in regular exercise?			Yes	No
What type and how often?				
Are you able to exercise now?			Yes	No
Do you have discomfort, shortness of breath, or pain with exercise?			Yes	No
Please Describe:				
In general, your lifestyle is:	1	2	3	4
	Active		Average	Inactive

# Permar Physical Therapy

## New Patient Information Sheet

***If sleep is a problem, answer these questions:***

Do you have trouble falling asleep?	Yes	No
Is your sleep restful?	Yes	No
Do you find it difficult to lie down?	Yes	No
Do you find it difficult to change positions in bed?		
How many times do you wake in the night?		
How long before you fall back to sleep?		

**List all the Tasks / Activities that you have difficulty performing and your tolerance (minutes/hours).  
If you are no longer able to perform an activity, your tolerance would be "0".**

Task / Activity	Tolerance (minutes/hours)
<b>I walk for</b>	<b>minutes before needing to rest</b>
<b>I stand for</b>	<b>minutes before needing to sit</b>
<b>I sit for</b>	<b>minutes before needing to change positions/get up</b>

Do you have trouble getting up from a chair?	Yes	No
Do you have trouble putting on your shoes and socks?	Yes	No
Do you have difficulty climbing stairs?	Yes	No

### Patient Goals

**Please list the activities that you would like to be able to do as a result of therapy.**

Task / Activity	Duration / How Often	By When
<b>Other Goals?</b>		

# Permar Physical Therapy

## New Patient Information Sheet

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*I understand that Permar Physical Therapy will maintain my privacy to the highest standards and may use or disclose my personal health information for the purposes of carrying out treatment, obtaining payment, evaluating the quality of services provided and any administrative operations related to treatment or payment.*

*Photographs taken during initial evaluation, progress evaluation and discharge summary will be used for postural comparison purposes and as educational tools. By signing below I consent to the use of these photographs in a professional manner.*

*I do hereby agree and give my consent for Permar Physical Therapy to furnish care and treatment that is considered necessary and proper in the diagnosing or treating of my physical condition.*

*I understand that I retain the right to revoke this consent by notifying the practice in writing at any time.  
I hereby certify that all the above information is true to the best of my knowledge.*

**Patient/Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_