



**Informed Consent**

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The use of hands or a mechanical instrument will be placed upon your body in such a way as to move your joints. This procedure is referred to as "Spinal Manipulation" or "Spinal Adjustment." As the joints in your spine are moved, you may experience a "pop" as part of the process. There are certain complications that can occur as a result of a spinal manipulation. These complications include, but are not limited to: muscle strain, cervical myelopathy, disc and vertebral injury, fractures, strains and dislocations, Bernard-Horner's Syndrome (aka oculosympathetic palsy), costovertebral strains and separation. Rare complications include but are not limited to stroke. The most common complication or complaint following spinal manipulation is an ache or stiffness at the site of adjustment. I am aware of these complications, and in order to minimize their occurrence I will take precautions. These precautions include but are not limited to my taking your detailed clinical history and examining you for any defect which would cause a complication. This examination may include the use of x-rays. The use of x-ray equipment may pose a risk if you are pregnant. If you are pregnant, you should inform our office while taking your clinical history.

Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian's Signature Authorizing Care: \_\_\_\_\_ Date: \_\_\_\_\_

**Patient Health Information Consent**

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1. The patient understands and agrees to allow this chiropractic office to use their Patient Health Information (PHI) for the purpose of treatment, payment, healthcare operations, and coordination of care. As an example, the patient agrees to allow this chiropractic office to submit requested PHI to the Health Insurance Company (or companies) provided to us by the patient for the purpose of payment. Be assured that this office will limit the release of all PHI to the minimum needed for what the insurance companies require for payment.
2. The patient has the right to examine and obtain a copy of his or her own health records at any time and request corrections. The patient may request to know what disclosures have been made and submit in writing any further restrictions on the use of their PHI. Our office is obligated to agree to those restrictions only to the extent they coincide with state and federal law.
3. A patient's written consent need only be obtained one time for all subsequent care given the patient in this office.
4. The patient may provide a written request to revoke consent at any time during care. This would not affect the use of those records for the care given prior to the written request to revoke consent but would apply to any care given after the request has been presented.
5. Our office may contact you periodically regarding appointments, treatments, products, services, or charitable work performed by our office. You may choose to opt-out of any marketing or fundraising communications at any time.
6. For your security and right to privacy, all staff has been trained in the area of patient record privacy and a privacy official has been designated to enforce those procedures in our office. We have taken all precautions that are known by this office to assure that your records are not readily available to those who do not need them.
7. Patients have the right to file a formal complaint with our privacy official and the Secretary of HHS about any possible violations of these policies and procedures without retaliation by this office.
8. Our office reserves the right to make changes to this notice and to make the new notice provisions effective for all protected health information that it maintains. You will be provided with a new notice at your next visit following any change.
9. This notice is effective on the date stated below.
10. If the patient refuses to sign this consent for the purpose of treatment, payment, and health care operations, the chiropractic physician has the right to refuse to give care.

Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian's Signature Authorizing Care: \_\_\_\_\_ Date: \_\_\_\_\_

2 Doctor's Initials \_\_\_\_\_

**Authorization for the Release of Medical Records**

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

I hereby request and authorize:

Harbor Chiropractic  
6220 Manatee Ave W, Ste 204  
Bradenton, FL 34209  
T: (941) 761-1100 / F: (941) 761-1103

\_\_\_\_\_ To Disclose information to: \_\_\_\_\_ To Receive Information from:

Provider: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Information to be disclosed include copies of:

_____ Entire Record	_____ X-ray Reports
_____ Progress Notes	_____ X-ray Films
_____ Physical Exam forms	_____ Other, specify:
_____ Daily chart notes	_____

Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian's Signature Authorizing Care: \_\_\_\_\_ Date: \_\_\_\_\_

If signing for a minor patient, I hereby state that my parental rights have not been revoked by a court of law.

A copy of this authorization is as valid as the original.

Notice to recipient of information: This information has been disclosed to you from confidential records, which are protected by law. Unless you have further authorization, laws may prohibit you from making any further disclosures of this information without the specific written consent of the patient or legal representative.

Patient's Name: \_\_\_\_\_ Date: \_\_\_\_\_

How did you hear about our office? \_\_\_\_\_

**Social History:** (Check all that apply to you)

- Tobacco Use:  Current tobacco use     Not a current tobacco user     Never a tobacco user  
 Alcohol Use:  None     Light/Moderate     Heavy     Former Alcoholic  
 Activity Level:  None     Light     Moderate     Vigorous

**Hospitalizations**  None    If yes, list: \_\_\_\_\_

**Surgeries:** (Check all that apply to you)  None

- |  |   |   |                                       |
|--|---|---|---------------------------------------|
| <input type="checkbox"/> Appendectomy        | <input type="checkbox"/> Cardiovascular procedure | <input type="checkbox"/> Cervical spine | <input type="checkbox"/> Hysterectomy |
| <input type="checkbox"/> Joint Replacement   | <input type="checkbox"/> Prostate                 | <input type="checkbox"/> Lumbar spine   | <input type="checkbox"/> Gall Bladder |
| <input type="checkbox"/> Brain               | <input type="checkbox"/> Shoulder                 | <input type="checkbox"/> Thoracic spine | <input type="checkbox"/> Knee         |
| <input type="checkbox"/> Carpal Tunnel       | <input type="checkbox"/> Gastro-intestinal        | <input type="checkbox"/> Uro-genital    | <input type="checkbox"/> Hernia       |
| <input type="checkbox"/> Breast Augmentation | <input type="checkbox"/> Other _____              |   |                                       |

**Prior Accidents/Injuries:**  None    If yes, list: \_\_\_\_\_

**Medical Conditions:** (Check all that apply to you)  None

- |  |  |   |  |
|--|--|---|--|
| <input type="checkbox"/> Arthritis           | <input type="checkbox"/> Cancer              | <input type="checkbox"/> Diabetes           | <input type="checkbox"/> Heart Disease |
| <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Psychiatric Illness | <input type="checkbox"/> Skin Disorder      | <input type="checkbox"/> Stroke        |
| <input type="checkbox"/> Fibromyalgia        | <input type="checkbox"/> Asthma              | <input type="checkbox"/> Osteoporosis/penia | <input type="checkbox"/> Other _____   |

**Allergies:** (Check all that apply to you)  None

- |   |                                   |  |                                      |
|---|-----------------------------------|--|--------------------------------------|
| <input type="checkbox"/> Mold           | <input type="checkbox"/> Seasonal | <input type="checkbox"/> Milk or Lactose | <input type="checkbox"/> Animal      |
| <input type="checkbox"/> Chemical _____ | <input type="checkbox"/> Sulfites | <input type="checkbox"/> Wheat/Glutens   | <input type="checkbox"/> Other _____ |

**Current Medications/Supplements (list all):**  None \_\_\_\_\_

**Family History:**  None

(Check all that apply)

- |               |                                 |                                  |
|---------------|---------------------------------|----------------------------------|
| Arthritis:    | <input type="checkbox"/> Parent | <input type="checkbox"/> Sibling |
| Cancer:       | <input type="checkbox"/> Parent | <input type="checkbox"/> Sibling |
| Diabetes:     | <input type="checkbox"/> Parent | <input type="checkbox"/> Sibling |
| Heart Disease | <input type="checkbox"/> Parent | <input type="checkbox"/> Sibling |
| Hypertension  | <input type="checkbox"/> Parent | <input type="checkbox"/> Sibling |
| Stroke        | <input type="checkbox"/> Parent | <input type="checkbox"/> Sibling |
| Thyroid       | <input type="checkbox"/> Parent | <input type="checkbox"/> Sibling |
| Other:        | _____                           |                                  |

**Previous Tests:**  MRI     X-Rays     CT

**Region and Results:** \_\_\_\_\_

**Previous Chiropractic Care:**  Yes     No

**Preferred Method of Adjusting (if applicable):**

- Manual     Instrument

**WOMEN: Are You Pregnant?**  Yes     No    If yes, due date: \_\_\_\_\_

**Review of Systems** –  **None** (Check box if you have/have had trouble with any of the following. Leave blank if not applicable)

General	Past	Present	HEENT	Past	Present	Skin/Hair	Past	Present
Lethargy/Weakness			Headaches/Migraines			Rashes/Skin Trouble		
Recurring Fever			Eye/Vision Problem			Flushing		
Weight Loss/Gain			Nose Bleeds			Excess Acne		
Dizziness			Sore Throat			Eczema		
Fever			Hoarseness			Psoriasis		
Chills			Swollen glands			Skin Cancer		
<b>Cardiovascular:</b>	<b>Past</b>	<b>Present</b>	Sinus Trouble			Skin Color Change		
Chest Pain/Pressure			Ear/Hearing Problem			Change in hair/nail		
Heart Attack			Dental Problems			Easy Bruising		
Shortness of Breath			TMJ Problems			<b>Gastrointestinal</b>	<b>Past</b>	<b>Present</b>
Palpitations			<b>Respiratory:</b>	<b>Past</b>	<b>Present</b>	Loss of Appetite		
Swelling hands/feet			Chronic Cough			Nausea/Vomiting		
Hypertension (HBP)			Asthma/Wheezing			Diarrhea		
High Cholesterol			Short of Breath			Constipation		
Heart Murmur			Exercise Intolerance			Abdominal Pain		
Blood Clots			Sleep Apnea			Ulcers		
Pacemaker			Emphysema			Bloating/Cramping		
Mitral Valve Prolapse						Heartburn		
<b>Neurologic</b>	<b>Past</b>	<b>Present</b>	<b>Musculoskeletal</b>	<b>Past</b>	<b>Present</b>	Hemorrhoids		
Frequent Headache			Arthritis			Hepatitis		
Migraines			Joint Pain/Swell			Cirrhosis		
Dizziness			Neck Pain			Gastric Reflux		
Fainting			Back Pain			Bowel/Bladder Issues		
Memory Loss			Trauma			<b>Blood/Lymph</b>	<b>Past</b>	<b>Present</b>
Poor Balance			Osteoporosis			Anemia		
Numbness/tingling			Scoliosis			Bleeding		
Pins/Needles			Cramping			Bruising		
Muscle Weakness						Blood Clots		
Seizures			<b>Endocrine</b>	<b>Past</b>	<b>Present</b>	Past Transfusions		
Stroke			Diabetes			Leukemia		
Tremors			Thyroid Problems			Lymphoma		
Head Injury			Sweating			HIV/AIDS		
<b>Psychiatric</b>	<b>Past</b>	<b>Present</b>	Hot/Cold Intolerance			Sickle Cell		
Insomnia			Weight Loss			<b>Urinary</b>	<b>Past</b>	<b>Present</b>
Diff Concentrating			Weight Gain			Excess/Pain Urination		
Memory Loss/Confusion			Excess Urination			Incontinence		
Depression			Excess thirst			Urgency		
Anxiety			Appetite Change			Kidney Stones		
Agitation/Irritability						<b>Allergies</b>	<b>Past</b>	<b>Present</b>
<b>Female</b>	<b>Past</b>	<b>Present</b>	<b>Male</b>	<b>Past</b>	<b>Present</b>	Seasonal		
Menstrual Irregularity			Testicular Pain/Lumps			Food		
Hot Flashes			Prostate Disease			Medication		
Breast Pain/Lumps								
Menopause								

**Additional Comments:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Please answer each section for each individual symptom.

(i.e.: Low back pain and neck pain would be completed separately)

#1: Location on body: \_\_\_\_\_ Pain Intensity: no pain 0 1 2 3 4 5 6 7 8 9 10 worst pain

When did your symptoms begin? \_\_\_\_\_ How did they begin? \_\_\_\_\_

Are your symptoms a result of:  Motor Vehicle Accident  Work Related Accident  Other \_\_\_\_\_

Current Open Insurance Claim:  Yes  No

How often do you experience your symptoms?

Constantly: (76-100% of the day)  Frequently (51-75% of the day)  Occasionally (26-50% of the day)  Intermittently (0-25% of the day)

Is the pain:  Not applicable

Unaffected by time of day?  Worse in the morning?  Worse in the afternoon?  Worse at night

What describes the nature of your symptoms?

Ache  Burning  Dull  Sharp  Stabbing  Throbbing  
 Weakness  Numbness/Tingling  Stiffness  Other \_\_\_\_\_  Radiates into \_\_\_\_\_

Does anything aggravate your pain?  No If yes, check below

Activity (circle: Heavy / Light / Moderate)  Bending  Lifting  Standing  Stress  
 Temperature Changes  Twisting  Other \_\_\_\_\_

Does anything improve your pain?  No If yes, check below

Cold  Heat  Activity  Lying Down  OTC Medication  Postural Changes  
 Prescribed Medications  Rest  Stretching  Support Brace  Other \_\_\_\_\_

#2: Location on body: \_\_\_\_\_ Pain Intensity: no pain 0 1 2 3 4 5 6 7 8 9 10 worst pain

When did your symptoms begin? \_\_\_\_\_ How did they begin? \_\_\_\_\_

Are your symptoms a result of:  Motor Vehicle Accident  Work Related Accident  Other \_\_\_\_\_

Current Open Insurance Claim:  Yes  No

How often do you experience your symptoms?

Constantly: (76-100% of the day)  Frequently (51-75% of the day)  Occasionally (26-50% of the day)  Intermittently (0-25% of the day)

Is the pain:  Not applicable

Unaffected by time of day?  Worse in the morning?  Worse in the afternoon?  Worse at night

What describes the nature of your symptoms?

Ache  Burning  Dull  Sharp  Stabbing  Throbbing  
 Weakness  Numbness/Tingling  Stiffness  Other \_\_\_\_\_  Radiates into \_\_\_\_\_

Does anything aggravate your pain?  No If yes, check below

Activity (circle: Heavy / Light / Moderate)  Bending  Lifting  Standing  Stress  
 Temperature Changes  Twisting  Other \_\_\_\_\_

Does anything improve your pain?  No If yes, check below

Cold  Heat  Activity  Lying Down  OTC Medication  Postural Changes  
 Prescribed Medications  Rest  Stretching  Support Brace  Other \_\_\_\_\_

6 Doctor's Initials \_\_\_\_\_

Patient/Guardian Initials \_\_\_\_\_ Date \_\_\_\_\_

#3: Location on body: \_\_\_\_\_ Pain Intensity: no pain 0 1 2 3 4 5 6 7 8 9 10 worst pain

When did your symptoms begin? \_\_\_\_\_ How did they begin? \_\_\_\_\_

Are your symptoms a result of:  Motor Vehicle Accident  Work Related Accident  Other \_\_\_\_\_

Current Open Insurance Claim:  Yes  No

How often do you experience your symptoms?

Constantly: (76-100% of the day)  Frequently (51-75% of the day)  Occasionally (26-50% of the day)  Intermittently (0-25% of the day)

Is the pain:  Not applicable

Unaffected by time of day?  Worse in the morning?  Worse in the afternoon?  Worse at night

What describes the nature of your symptoms?

Ache  Burning  Dull  Sharp  Stabbing  Throbbing  
 Weakness  Numbness/Tingling  Stiffness  Other \_\_\_\_\_  Radiates into \_\_\_\_\_

Does anything aggravate your pain?  No If yes, check below

Activity (circle: Heavy / Light / Moderate)  Bending  Lifting  Standing  Stress  
 Temperature Changes  Twisting  Other \_\_\_\_\_

Does anything improve your pain?  No If yes, check below

Cold  Heat  Activity  Lying Down  OTC Medication  Postural Changes  
 Prescribed Medications  Rest  Stretching  Support Brace  Other \_\_\_\_\_

If there are MORE regions of complaint, please request additional sheet from one of our chiropractic assistants.

### Acknowledgments

To set clear expectations, improve communication and help you get the best results in the shortest amount of time, please read each statement, and initial your agreement.

Initials \_\_\_\_\_ I instruct the chiropractor to deliver the care that, in her professional judgement, can best help me in the restoration of my health. I also understand that the chiropractic care offered in this practice is based on the best available evidence and designed to reduce or correct vertebral subluxation. Chiropractic is a separate and distinct healing art from medicine and does not proclaim to cure any named disease or entity.

Initials \_\_\_\_\_ I grant permission to use my name in your patient newsletter and on any office bulletin or social media platform for purposes such as, but not limited to, announcing births, birthdays, weddings, graduations or acknowledging my referrals.

Initials \_\_\_\_\_ I grant permission to be called, emailed, and/or contacted via text to confirm or reschedule an appointment and to be sent occasional cards, letters, texts, emails or health information to me as an extension of my care in this office.

Initials \_\_\_\_\_ To the best of my ability, the information I have supplied is complete and truthful. I have not misrepresented the presence, severity, or cause of my health concern.

Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian's Signature Authorizing Care: \_\_\_\_\_ Date: \_\_\_\_\_

Please help us to serve you better by keeping your regular scheduled appointment. Our practice is committed to providing the best treatment to our patients. Our prices are representative of the usual and customary charges for our area.

7 Doctor's Initials \_\_\_\_\_

Rate your current difficulties by placing the appropriate number in the box (below; a 1 / 2 / 3).

NO check marks.

If an activity does not cause pain or if pain does not affect an activity, leave box **blank**.

[1] This activity causes some pain, but it is of minor annoyance.

[2] This activity causes a significant amount of pain.

[3] I cannot perform this activity due to pain and disability.

**Self-Care and Personal Hygiene:** \_\_\_bathing \_\_\_brushing teeth \_\_\_putting on shoes \_\_\_doing laundry  
\_\_\_grooming hair \_\_\_making bed \_\_\_putting on pants \_\_\_doing dishes \_\_\_washing face \_\_\_putting on shirt  
\_\_\_cooking \_\_\_taking out trash \_\_\_going to bathroom or sitting on toilet

**Physical Activities:** \_\_\_standing \_\_\_walking \_\_\_reaching \_\_\_bending right \_\_\_twisting right \_\_\_sitting  
\_\_\_squatting \_\_\_bending \_\_\_bending left \_\_\_twisting left \_\_\_reclining \_\_\_bending back \_\_\_kneeling  
\_\_\_looking left \_\_\_looking right

**Functional Activities:** \_\_\_carrying small objects \_\_\_lifting weight off table \_\_\_push/pull standing  
\_\_\_carrying large objects \_\_\_climbing stairs/incline \_\_\_exercising upper body \_\_\_exercising lower body  
\_\_\_carrying purse/case \_\_\_lifting objects off floor \_\_\_push/pull seated

**Social & Recreational Activities:** \_\_\_jogging \_\_\_biking \_\_\_swimming \_\_\_dancing \_\_\_golfing \_\_\_bowling  
\_\_\_hunting \_\_\_fishing \_\_\_gardening \_\_\_basketball \_\_\_soccer \_\_\_hockey \_\_\_competitive sports

**Difficulties with Travel:** \_\_\_driving in car \_\_\_riding as passenger \_\_\_entering and exiting vehicle \_\_\_driving  
for long periods of time \_\_\_riding as passenger for long period of time

**Other Activities:** \_\_\_concentrating \_\_\_studying \_\_\_listening \_\_\_reading \_\_\_writing \_\_\_using computer  
\_\_\_sleeping \_\_\_sexual relation

**How does your condition interfere with the things you do every day? Please think about the 4 following areas and make notes on how these daily activities have been affected since the condition began.**

**HOME:**

**WORK:**

**RECREATION:**

**PERSONAL LIFE:**

## Oswestry Low Back Pain Disability Questionnaire

### Instructions

This questionnaire has been designed to give us information as to how your back or leg pain is affecting your ability to manage in everyday life. Please answer by checking ONE box in each section for the statement which best applies to you. We realise you may consider that two or more statements in any one section apply but please just shade out the spot that indicates the statement which most clearly describes your problem.

<p><b>SECTION 1: Pain Intensity</b></p> <p><input type="radio"/> I have no pain at the moment.</p> <p><input type="radio"/> The pain is very mild at the moment.</p> <p><input type="radio"/> The pain is moderate at the moment.</p> <p><input type="radio"/> The pain is fairly severe at the moment.</p> <p><input type="radio"/> The pain is very severe at the moment.</p> <p><input type="radio"/> The pain is the worst imaginable at the moment.</p>	<p><b>SECTION 6: Standing</b></p> <p><input type="radio"/> I can stand as long as I want without extra pain.</p> <p><input type="radio"/> I can stand as long as I want but it gives me extra pain.</p> <p><input type="radio"/> Pain prevents me from standing more than 1 hour.</p> <p><input type="radio"/> Pain prevents me from standing for more than 30 minutes.</p> <p><input type="radio"/> Pain prevents me from standing for more than 10 minutes.</p> <p><input type="radio"/> Pain prevents me from standing at all.</p>
<p><b>SECTION 2: Personal Care (e.g. washing, dressing)</b></p> <p><input type="radio"/> I can look after myself normally without causing extra pain.</p> <p><input type="radio"/> I can look after myself normally but it causes extra pain.</p> <p><input type="radio"/> It is painful to look after myself and I am slow and careful.</p> <p><input type="radio"/> I need some help but can manage most of my personal care.</p> <p><input type="radio"/> I need help every day in most aspects of self-care.</p> <p><input type="radio"/> I do not get dressed, wash with difficulty and stay in bed.</p>	<p><b>SECTION 7: Sleeping</b></p> <p><input type="radio"/> My sleep is never disturbed by pain.</p> <p><input type="radio"/> Because of pain I have less than 6 hours sleep.</p> <p><input type="radio"/> Because of pain I have less than 4 hours sleep.</p> <p><input type="radio"/> Because of pain I have less than 2 hours sleep.</p> <p><input type="radio"/> Pain prevents me from sleeping at all.</p> <p><input type="radio"/> My sleep is occasionally disturbed by pain.</p>
<p><b>SECTION 3: Lifting</b></p> <p><input type="radio"/> I can lift heavy weights without extra pain.</p> <p><input type="radio"/> I can lift heavy weights, but it gives me extra pain.</p> <p><input type="radio"/> Pain prevents me from lifting heavy weights off the floor I can manage if they are conveniently placed (e.g., on a table.)</p> <p><input type="radio"/> Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned.</p> <p><input type="radio"/> I can only lift very light weights.</p> <p><input type="radio"/> I cannot lift or carry anything.</p>	<p><b>SECTION 8: Sex Life (if applicable)</b></p> <p><input type="radio"/> My sex life is normal and causes no extra pain.</p> <p><input type="radio"/> My sex life is normal but causes some extra pain.</p> <p><input type="radio"/> My sex life is nearly normal but is very painful.</p> <p><input type="radio"/> My sex life is severely restricted by pain.</p> <p><input type="radio"/> My sex life is nearly absent because of pain.</p> <p><input type="radio"/> Pain prevents any sex life at all.</p>
<p><b>SECTION 4: Walking</b></p> <p><input type="radio"/> Pain does not prevent me walking any distance.</p> <p><input type="radio"/> Pain prevents me from walking more than 1 mile.</p> <p><input type="radio"/> Pain prevents me from walking more than 1/2 mile.</p> <p><input type="radio"/> Pain prevents me from walking more than 100 yards.</p> <p><input type="radio"/> I can only walk using a stick or crutches.</p> <p><input type="radio"/> I am in bed most of the time.</p>	<p><b>SECTION 9: Social Life</b></p> <p><input type="radio"/> My social life is normal and gives me no extra pain.</p> <p><input type="radio"/> My social life is normal but increases the degree of pain.</p> <p><input type="radio"/> Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g. sport.</p> <p><input type="radio"/> Pain has restricted my social life and I do not go out as often.</p> <p><input type="radio"/> Pain has restricted my social life to my home.</p> <p><input type="radio"/> I have no social life because of pain.</p>
<p><b>SECTION 5: Sitting</b></p> <p><input type="radio"/> I can sit in any chair as long as I like.</p> <p><input type="radio"/> I can only sit in my favorite chair as long as I like.</p> <p><input type="radio"/> Pain prevents me sitting more than 1 hour.</p> <p><input type="radio"/> Pain prevents me from sitting more than 30 minutes.</p> <p><input type="radio"/> Pain prevents me from sitting more than 10 minutes.</p> <p><input type="radio"/> Pain prevents me from sitting at all.</p>	<p><b>SECTION 10: Traveling</b></p> <p><input type="radio"/> I can travel anywhere without pain.</p> <p><input type="radio"/> I can travel anywhere but it gives me extra pain.</p> <p><input type="radio"/> Pain is bad but I manage journeys over 2 hours.</p> <p><input type="radio"/> Pain restricts me to journeys of less than 1 hour.</p> <p><input type="radio"/> Pain restricts me to short necessary journeys under 30 minutes.</p> <p><input type="radio"/> Pain prevents me from traveling except to receive treatment.</p>

Patient Name:

Date:

Score:

## Neck Disability Index

This questionnaire has been designed to give us information as to how your neck pain has affected your ability to manage in everyday life. Please answer every section and mark in each section only the one box that applies to you. We realise you may consider the two or more statements in any one section relate to you, but please just mark the box that most closely describes your problem.

<p><b>SECTION 1: Pain Intensity</b></p> <p><input type="radio"/> I have no pain at the moment.</p> <p><input type="radio"/> The pain is mild at the moment.</p> <p><input type="radio"/> The pain comes and goes and is moderate.</p> <p><input type="radio"/> The pain is moderate and does not vary much.</p> <p><input type="radio"/> The pain is very severe, but comes and goes.</p> <p><input type="radio"/> The pain is severe and does not vary much.</p>	<p><b>SECTION 6: Concentration</b></p> <p><input type="radio"/> I can concentrate fully when I want to with no difficulty.</p> <p><input type="radio"/> I can concentrate fully when I want to with slight difficulty.</p> <p><input type="radio"/> I have a fair degree of difficulty in concentrating when I want to.</p> <p><input type="radio"/> I have a lot of difficulty in concentrating when I want to.</p> <p><input type="radio"/> I have a great deal of difficulty in concentrating when I want to.</p> <p><input type="radio"/> I cannot concentrate at all.</p>
<p><b>SECTION 2: Personal Care (e.g. washing, dressing)</b></p> <p><input type="radio"/> I can look after myself normally without causing extra pain.</p> <p><input type="radio"/> I can look after myself normally but it causes extra pain.</p> <p><input type="radio"/> It is painful to look after myself and I am slow and careful.</p> <p><input type="radio"/> I need some help but can manage most of my personal care.</p> <p><input type="radio"/> I need help every day in most aspects of self-care.</p> <p><input type="radio"/> I do not get dressed, wash with difficulty and stay in bed.</p>	<p><b>SECTION 7: Work</b></p> <p><input type="radio"/> I can do as much work as I want to.</p> <p><input type="radio"/> I can only do my usual work, but no more.</p> <p><input type="radio"/> I can do most of my usual work, but no more.</p> <p><input type="radio"/> I cannot do my usual work.</p> <p><input type="radio"/> I can hardly do any work at all.</p> <p><input type="radio"/> I cannot do any work at all.</p>
<p><b>SECTION 3: Lifting</b></p> <p><input type="radio"/> I can lift heavy weights without extra pain.</p> <p><input type="radio"/> I can lift heavy weights, but it gives me extra pain.</p> <p><input type="radio"/> Pain prevents me from lifting heavy weights off the floor I can manage if they are conveniently placed (e.g., on a table.)</p> <p><input type="radio"/> Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.</p> <p><input type="radio"/> I can only lift very light weights.</p> <p><input type="radio"/> I cannot lift or carry anything.</p>	<p><b>SECTION 8: Driving</b></p> <p><input type="radio"/> I can drive my car without neck pain.</p> <p><input type="radio"/> I can drive my car as long as I want with slight pain in my neck.</p> <p><input type="radio"/> I can drive my car as long as I want with moderate pain in my neck.</p> <p><input type="radio"/> I cannot drive my car as long as I want because of moderate pain in my neck.</p> <p><input type="radio"/> I can hardly drive my car at all because of severe pain in my neck.</p> <p><input type="radio"/> I cannot drive my car at all.</p>
<p><b>SECTION 4: Reading</b></p> <p><input type="radio"/> I can read as much as I want to with no neck pain.</p> <p><input type="radio"/> I can read as much as I want with slight neck pain.</p> <p><input type="radio"/> I can read as much as I want with moderate neck pain.</p> <p><input type="radio"/> I cannot read as much as I want because of moderate neck pain.</p> <p><input type="radio"/> I cannot read as much as I want because of severe neck pain.</p> <p><input type="radio"/> I cannot read at all.</p>	<p><b>SECTION 9: Sleeping</b></p> <p><input type="radio"/> I have no trouble sleeping.</p> <p><input type="radio"/> My sleep is slightly disturbed (less than 1 hour sleepless).</p> <p><input type="radio"/> My sleep is mildly disturbed (1-2 hours sleepless).</p> <p><input type="radio"/> My sleep is moderately disturbed (2-3 hours sleepless).</p> <p><input type="radio"/> My sleep is greatly disturbed (3-5 hours sleepless).</p> <p><input type="radio"/> My sleep is completely disturbed (5-7 hours sleepless)</p>
<p><b>SECTION 5: Headache</b></p> <p><input type="radio"/> I have no headaches at all.</p> <p><input type="radio"/> I have slight headaches which come infrequently</p> <p><input type="radio"/> I have moderate headaches which come infrequently.</p> <p><input type="radio"/> I have moderate headaches which come frequently.</p> <p><input type="radio"/> I have severe headaches which come frequently.</p> <p><input type="radio"/> I have headaches almost all the time.</p>	<p><b>SECTION 10: Recreation</b></p> <p><input type="radio"/> I am able to engage in all recreational activities with no pain in my neck at all.</p> <p><input type="radio"/> I am able to engage in all recreational activities with some pain in my neck.</p> <p><input type="radio"/> I am able to engage in most, but not all, recreational activities because of pain in my neck.</p> <p><input type="radio"/> I am able to engage in a few of my usual recreational activities because of pain in my neck.</p> <p><input type="radio"/> I can hardly do any recreational activities because of pain in my neck.</p> <p><input type="radio"/> I cannot do any recreational activities at all.</p>

Patient Name:

Date:

Score: