

# PATIENT PROGRESS

Patient completes this form. (Chiropractic)  
For questions, please call ASH Plans at 800/972-4226

(PLEASE PRINT LEGIBLY)

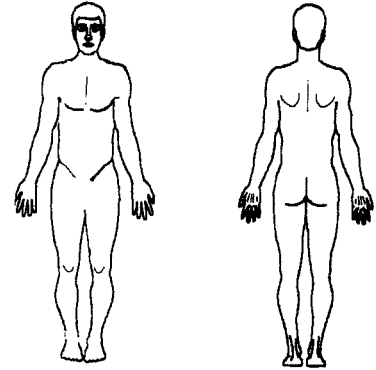
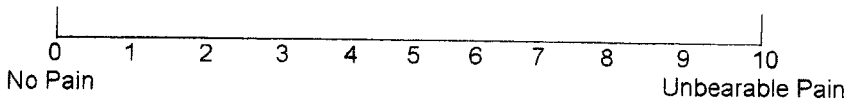
Patient Name \_\_\_\_\_

Please complete the following *three (3)* questions regarding how you feel today.

1. How do you feel today? \_\_\_\_\_

MARK AN X ON THE PICTURE WHERE YOU HAVE PAIN OR OTHER SYMPTOMS.

Current complaint: \_\_\_\_\_



2. Are you getting better?

Current Condition(s)/Complaint(s)

Rate your overall progress since starting care

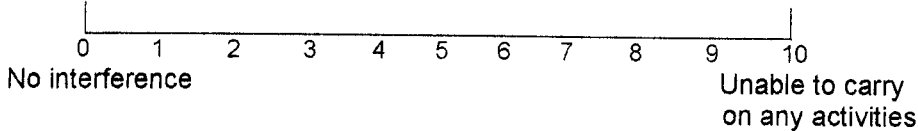
1. \_\_\_\_\_ % (0% = No improvement and 100% = Fully recovered)

2. \_\_\_\_\_ % (0% = No improvement and 100% = Fully recovered)

In the past week, on average how often have your symptoms been present?

(Intermittent)  0 – 25%  26 – 50%  51 – 75%  76 – 100% (Constant)

In the past week, how much has your pain interfered with your daily activities (e.g., work, social activities, or household chores)?



3. Is there anything new?

Have you had any new complaints/conditions?  No  Yes

Have you had any re-injuries or events that have prolonged your recovery?  No  Yes

Explain: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I certify that the above information is complete and accurate to the best of my knowledge. I agree to notify this doctor immediately whenever I have changes in my health condition or health plan coverage in the future.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_ Score: \_\_\_\_\_

### NECK DISABILITY INDEX QUESTIONNAIRE

**PLEASE READ:** This questionnaire is designed to enable us to understand how much your neck pain has affected your ability to manage your everyday activities. Please answer each section by circling the ONE CHOICE that most applies to you. We realize that you may feel that more than one statement may relate to you, but **PLEASE JUST CIRCLE THE ONE CHOICE THAT MOST CLOSELY DESCRIBES YOUR PROBLEM RIGHT NOW.**

<p><i>SECTION 1 - Pain Intensity</i></p> <p>A. I have no pain at the moment.          B. The pain is very mild at the moment.          C. The pain is moderate at the moment.          D. The pain is fairly severe at the moment.          E. The pain is very severe at the moment.          F. The pain is the worst imaginable at the moment.</p>	<p><i>SECTION 6 - Concentration/</i></p> <p>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.          F. I cannot concentrate at all.</p>
<p><i>SECTION 2 - Personal Care (Washing, Dressing, etc.)</i></p> <p>A. I can look after myself normally without causing extra pain.          B. I can look after myself normally, but it causes extra pain.          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.          E. I need help every day in most aspects of self care.          F. I do not get dressed, I wash with difficulty and stay in bed.</p>	<p><i>SECTION 7 - Work</i></p> <p>A. I can do as much work as I want to.          B. I can only do my usual work, but no more.          C. I can do most of my usual work, but no more.          D. I cannot do my usual work.          E. I can hardly do any work at all.          F. I cannot do any work at all.</p>
<p><i>SECTION 3 - Lifting</i></p> <p>A. I can lift heavy weights without extra pain.          B. I can lift heavy weights, but it gives extra pain.          C. Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example, on a table.          D. Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.          E. I can lift very light weights.          F. I cannot lift or carry anything at all.</p>	<p><i>SECTION 8 - Driving</i></p> <p>A. I can drive my car without any neck pain.          B. I can drive my car as long as I want with slight pain in my neck.          C. I can drive my car as long as I want with moderate pain in my neck.          D. I cannot drive my car as long as I want because of moderate pain in my neck.          E. I can hardly drive at all because of severe pain in my neck.          F. I cannot drive my car at all.</p>
<p><i>SECTION 4 - Reading</i></p> <p>A. I can read as much as I want to with no pain in my neck.          B. I can read as much as I want to with slight pain in my neck.          C. I can read as much as I want to with moderate pain in my neck.          D. I cannot read as much as I want because of moderate pain in my neck.          E. I cannot read as much as I want because of severe pain in my neck.          F. I cannot read at all.</p>	<p><i>SECTION 9 - Sleeping</i></p> <p>A. I have no trouble sleeping.          B. My sleep is slightly disturbed (less than 1 hour sleepless).          C. My sleep is mildly disturbed (1-2 hours sleepless).          D. My sleep is moderately disturbed (2-3 hours sleepless).          E. My sleep is greatly disturbed (3-5 hours sleepless).          F. My sleep is completely disturbed (5-7 hours)</p>
<p><i>SECTION 5 - Headaches</i></p> <p>A. I have no headaches at all.          B. I have slight headaches which come infrequently.          C. I have moderate headaches which come infrequently.          D. I have moderate headaches which come frequently.          E. I have severe headaches which come frequently.          F. I have headaches almost all the time.</p>	<p><i>SECTION 10 - Recreation</i></p> <p>A. I am able to engage in all of my recreational activities with no neck pain at all.          B. I am able to engage in all of my recreational activities with some pain in my neck.          C. I am able to engage in most, but not all of my recreational activities because of pain in my neck.          D. I am able to engage in a few of my recreational activities because of pain in my neck.          E. I can hardly do any recreational activities because of pain in my neck.          F. I cannot do any recreational activities at all.</p>

COMMENTS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ SCORE: \_\_\_\_\_

**OSWESTRY DISABILITY INDEX 2.0**

**PLEASE READ:** Could you please complete this questionnaire. It is designed to give us information as to how your back (or leg) trouble has affected your ability to manage in everyday life.

Please answer *every section*. Mark *one box only* in each section that most closely describes you *today*.

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

COMMENTS: \_\_\_\_\_  
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