



**Complete Health  
Chiropractic Center, LLC**

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## CONFIDENTIAL PATIENT INFORMATION

### Personal Information

Full legal name:		Date:	
Address:			
City:		State:	Zip:
Cell phone:	Home phone:	Work phone:	
Email address:		Date of Birth:	Age:
<input type="checkbox"/> Male	<input type="checkbox"/> Female	<input type="checkbox"/> _____	Pregnant? Yes <input type="checkbox"/> No <input type="checkbox"/>
Height:	Weight:	Number of children:	Ages of children:
Driver's license number:			
Occupation:		Employer's name:	
Relationship status: Single Married Partnered Widowed Divorced			
Partner's/spouse's name:		Name of person responsible for account:	
Do you have insurance that covers Chiropractic care? Yes <input type="checkbox"/> No <input type="checkbox"/> Insurance Company Name: _____		Do you have Medicare coverage? Yes <input type="checkbox"/> No <input type="checkbox"/>	
Emergency contact name and number:		Emergency contact relationship to you:	

Whom may we thank for referring you? \_\_\_\_\_

### Addressing What Brought You Into This Office:

*If you have no symptoms or complaints and are here for Chiropractic Wellness Services, please skip to the "General Health History".*

### Health Concerns

Please list your health concerns in order of severity:

Rate the health concern from 0 -10  
0 = no pain 10 = the worst pain possible

- |          |       |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |

Did any of these problems begin with an injury? \_\_\_\_\_ Date of injury: \_\_\_\_\_  
Which problems began with the injury? \_\_\_\_\_

Since the problem(s) started is it:                      About the same?                       Getting better?                       Getting worse?

What have you done for this condition? Was it of benefit?

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Which activities aggravate your condition? \_\_\_\_\_

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Have you seen other doctors for this condition?  
 If yes, please list doctors you have seen and when: \_\_\_\_\_

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Is this condition interfering with any of the following:

Work <input type="checkbox"/>	Sleep <input type="checkbox"/>	Daily routine <input type="checkbox"/>	Sports/exercise <input type="checkbox"/>	Other <input type="checkbox"/> (please explain):
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## General Health History

**Operations: Surgical interventions, which may or may not have included hospitalization.** \_\_\_\_\_ **NONE**

<b>Type of surgery:</b>	<b>Date:</b>
_____	_____
_____	_____
_____	_____
_____	_____

**Injuries: Have you ever...** \_\_\_\_\_ **NONE**

Date: \_\_\_\_\_

\_\_\_ Had a fractured bone \_\_\_\_\_

\_\_\_ Had a spine or nerve disorder \_\_\_\_\_

\_\_\_ Been knocked unconscious \_\_\_\_\_

\_\_\_ Been injured in an accident: (**auto, work- related or other?**) Please list type and when: \_\_\_\_\_

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**Family History:** Some health issues are hereditary. Tell us about the health of your immediate family members.

Relative	Age (if living)	State of health		Illnesses	Age at death	Cause of death
		Good	Poor			
Mother	_____	___	___	_____	_____	_____
Father	_____	___	___	_____	_____	_____
Sister 1	_____	___	___	_____	_____	_____
Sister 2	_____	___	___	_____	_____	_____
Brother 1	_____	___	___	_____	_____	_____
Brother 2	_____	___	___	_____	_____	_____

**Social History:** Tell us about your health habits and stress levels.

Alcohol use	___ None ___ Daily ___ Weekly	How much? _____	Prayer or meditation?	___ Yes ___ No
Coffee use	___ None ___ Daily ___ Weekly	How much? _____	Job pressure/stress?	___ Yes ___ No
Tobacco use	___ None ___ Daily ___ Weekly	How much? _____	Financial peace?	___ Yes ___ No
Exercising	___ None ___ Daily ___ Weekly	How much? _____	Vaccinated?	___ Yes ___ No
Pain relievers	___ None ___ Daily ___ Weekly	How much? _____	Mercury fillings?	___ Yes ___ No
Water intake	___ Daily ___ Weekly	How much? _____	Recreational drugs?	___ Yes ___ No

Hobbies: \_\_\_\_\_

Have you ever had chiropractic care? \_\_\_ No \_\_\_ Yes  
 If yes, whom did you see? \_\_\_\_\_  
 When did you see the chiropractor and for how long? \_\_\_\_\_

Patient's Name: \_\_\_\_\_ Doctor's Initials \_\_\_\_\_ Page 2

**Current Medicines and Supplements**

Please list any **medications/drugs** you have taken in the past 6 months **and why:** (prescription and non-prescription) \_\_\_ NONE

Please list all **nutritional supplements, vitamins, homeopathic remedies** you presently take **and why:** \_\_\_ NONE

In the **past 3 years** have you had x-rays, an MRI or CT of your spine? \_\_\_ Yes \_\_\_ No If yes, When? \_\_\_ What? \_\_\_

Do you wear orthotics or heel lifts? Yes  No  Sleep positions: \_\_\_ Side \_\_\_ Back \_\_\_ Stomach

**Review of Systems:** Please mark the “**now**” column if you currently have the problem(s) listed below, and mark the “**past**” column if you had the problem in the past.

Now	Past		Now	Past	
___	___	Arthritis - Type: _____	___	___	Seasonal allergies
___	___	Back pain	___	___	Chronic cough
___	___	Extremity pain _____	___	___	Emphysema
___	___	Fibromyalgia	___	___	Shortness of breath
___	___	Gout	___	___	Black or bloody stool
___	___	Joint/muscle pain/stiffness	___	___	Constipation
___	___	Neck pain	___	___	Diarrhea
___	___	Osteoporosis	___	___	Acid reflux
___	___	Dizziness	___	___	Food sensitivities
___	___	Fainting	___	___	Nausea or vomiting
___	___	Memory issues	___	___	Blood in urine
___	___	Numbness/tingling _____	___	___	Incontinence
___	___	Seizures	___	___	Painful or frequent urination
___	___	Chronic ear infections	___	___	Diabetes
___	___	Dental problems	___	___	Thyroid problems
___	___	Ear or hearing problems	___	___	Anemia
___	___	Eye or vision problems	___	___	Easy bruising
___	___	Headaches or migraines	___	___	Eczema
___	___	Ringing in ears	___	___	Anxiety
___	___	Sinus trouble	___	___	Depression
___	___	TMJ problems	___	___	Alcoholism
___	___	Blood clots	___	___	Drug addiction
___	___	Chest pain or tightness	___	___	ADD/ADHD
___	___	Coronary artery disease	___	___	Psychiatric disorder: _____
___	___	High blood pressure	___	___	Irregular periods
___	___	Palpitations	___	___	Perimenopause
___	___	Erectile dysfunction	___	___	Menopause
___	___	Asthma	___	___	PMS
___	___	Environmental allergies			

**Have you ever had:**

Cancer \_\_\_ No \_\_\_ Yes Date: \_\_\_\_\_ Details: \_\_\_\_\_

Heart attack \_\_\_ No \_\_\_ Yes Date: \_\_\_\_\_ Details: \_\_\_\_\_

Stroke/TIA \_\_\_ No \_\_\_ Yes Date: \_\_\_\_\_ Details: \_\_\_\_\_

Please describe any other illnesses: \_\_\_\_\_

Patient's Name: \_\_\_\_\_ Doctor's Initials \_\_\_\_\_ Page 3

# Stressors

Because accumulation of stress affects our health and ability to heal please list your top three stresses (you have ever had) in each category:

1. Physical stress (falls, accidents, work postures, etc.)
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
2. Bio-chemical stress (smoke, unhealthy foods, missed meals, don't drink enough water, drugs/alcohol, etc.)
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
3. Psychological or mental/emotional stress (work, relationships, finances, self-esteem, etc.)
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_

On a scale of 1-10 (1 being very little and 10 being a lot) please grade your present levels of stress (including physical, bio-chemical and psychological or mental/emotional):

At work:	At home:	At play:
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Please circle what phrase best applies to each category:

Eating habits: excellent   good   fair   poor	Exercise habits: excellent   good   fair   poor
Sleep: excellent   good   fair   poor	

How do you grade your physical health?

Excellent <input type="checkbox"/>	Good <input type="checkbox"/>	Fair <input type="checkbox"/>	Poor <input type="checkbox"/>	Getting better <input type="checkbox"/>	Getting worse <input type="checkbox"/>
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How do you grade your emotional/mental health?

Excellent <input type="checkbox"/>	Good <input type="checkbox"/>	Fair <input type="checkbox"/>	Poor <input type="checkbox"/>	Getting better <input type="checkbox"/>	Getting worse <input type="checkbox"/>
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Is there anything else which may help to better understand you which has not been discussed?

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Why are you here at this point in time?

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I consent to a professional and complete chiropractic examination and to any radiographic examination that the doctor deems necessary. I understand that any fee for service rendered is due at the time of service and cannot be deferred to a later date.

Print Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**If patient is under 18 years of age:**

I, \_\_\_\_\_, being the parent or legal guardian of \_\_\_\_\_ have read and fully  
 (Parent/Guardian name) (Child's name)  
 understand the **Chiropractic Informed Consent to Treat**, and hereby grant permission for my child to receive a chiropractic assessment and chiropractic care.

Doctor's Initials \_\_\_\_\_ Page 4

**Complete Health Chiropractic Center, LLC**  
**Personal Injury/Work Comp Massage Intake**

Name \_\_\_\_\_ Date of birth \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Occupation \_\_\_\_\_

Have you ever had a massage?  Y  N If yes, when was your last massage? \_\_\_\_\_

**Please list the areas of your body that have been affected since the accident in order of severity:**

**Rate the discomfort from 0-10**  
**0= no pain 10= worst pain possible**

1) \_\_\_\_\_

\_\_\_\_\_

2) \_\_\_\_\_

\_\_\_\_\_

3) \_\_\_\_\_

\_\_\_\_\_

4) \_\_\_\_\_

\_\_\_\_\_

**Please circle the movements that are painful:**

Sitting      Walking      Bending      Sleeping      Driving      Recreation      Work duties

**Please circle the type of discomfort you are experiencing:**

Sharp    Dull    Throbbing    Numbness    Ache    Burning    Tingling    Stiffness    Swelling    Shooting

**Medical Information**

Are you currently taking any prescription medications that may interfere with circulation?  Yes  No

Please indicate any conditions you currently have or have had that may influence the type of pressure the massage therapist can use.

\_\_\_ Arthritis: Type \_\_\_\_\_      \_\_\_ Cancer: Type \_\_\_\_\_

\_\_\_ Scoliosis      \_\_\_ Bruise easily      \_\_\_ Allergies      \_\_\_ Headaches

\_\_\_ Pregnancy      \_\_\_ Heart disease      \_\_\_ Sciatica      \_\_\_ Whiplash

\_\_\_ Asthma      \_\_\_ Diabetes      \_\_\_ Fragile bones      \_\_\_ Depression

\_\_\_ Varicose veins      \_\_\_ Constipation      \_\_\_ Blood clots      \_\_\_ Stroke

\_\_\_ Fibromyalgia      \_\_\_ Rash      \_\_\_ High blood pressure      \_\_\_ TMJ

\_\_\_ Low blood pressure      \_\_\_ Insomnia      \_\_\_ Joint replacements      \_\_\_ Acne

\_\_\_ Other: \_\_\_\_\_

Do you have any sensitivities to heat?  Y  N      Do you have any sensitivities to fragrances?  Y  N

**Office use only:**

Date of accident: \_\_\_\_\_ Insurance: \_\_\_\_\_

### **Appointment Policy**

A massage session is set up allowing time to get on and off the table. The actual massage time will be reduced by 5-10 minutes for this set up time. It is in your best interest to show up with your paperwork filled out and use of the restroom before your session is set to begin, or this may reduce your actual massage time.

### **Introductory Massage Session**

We offer an introductory one hour session at a reduced rate for new clients or for clients that have not been in for 3+years for massage. The actual massage time is 45 minutes, allowing 15 minutes to discuss your goals with massage, get on and off the table, assessment and treatment recommendations based on your goals. The introductory massage session is not applicable to massage billed to insurance.

### **Block Cards, Gift Certificates and Massages Paid at Time of Service:**

There is a \$25 fee for appointments cancelled or missed without 24 hours notice. If you are later than half of the time scheduled for your massage, you will be charged the \$25 fee and need to reschedule for a later date. If you are less than half late, we will honor your remaining session time, but you will use your full block card time, massage certificate or be charged the full price of the massage. Massage certificates and block card times must be used in full (time cannot be split). Block cards and massage gift certificates have no cash value.

### **Massage Billed to Insurance:**

There is a \$25 fee for appointments cancelled or missed without 24 hours notice. If you are later than half of the time scheduled for your massage, you will be charged the \$25 fee and need to reschedule for a later date. If you are less than half late, you will be charged a \$10 fee, and we will honor your remaining session time. If you call the day of your scheduled massage to change the duration or move your massage to a different time that day, and there is an open time available there is a \$10 fee.

### **Financial Policy**

All services are charged directly to you. You are personally responsible for all payments, regardless of whether or not we accept insurance billing. We will bill your insurance as a courtesy, but it is your responsibility to provide the correct insurance information and verify coverage. If you are a cash client, payment is expected at time of service. A \$30 NSF fee will occur on all returned checks, and may be subjected to collection fees and interest charges of 1.5% per month.

### **Block Card Policy**

Block cards may be shared with others and do not expire. You must bring in this card so it may be stamped for each massage session used. If you lose your card, please notify us so we may issue a new one.

Block cards have no cash value.

### **Consent for Care Agreement**

I understand that although massage therapy can be therapeutic, it is NOT a substitute for medical examinations, diagnosis and treatments. Massage therapists do not prescribe medical treatment or pharmaceuticals. I have stated all my known medical conditions and take it upon myself to inform my massage therapist of any changes to my health status. It is my choice to receive massage therapy. I am aware of the benefits and risks of massage and hereby give my consent.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parental consent if under the age of 18 \_\_\_\_\_

## Informed Consent to Care

You are the decision maker for your health care. Part of our role is to provide you with information to assist you in making informed choices. This process is often referred to as "informed consent" and involves your understanding and agreement regarding the care we recommend, the benefits and risks associated with the care, alternatives, and the potential effect on your health if you choose not to receive the care.

We may conduct some diagnostic or examination procedures if indicated. Any examinations or tests conducted will be carefully performed but may be uncomfortable.

Chiropractic care centrally involves what is known as a chiropractic adjustment. There may be additional supportive procedures or recommendations as well. When providing an adjustment, we use our hands or an instrument to reposition anatomical structures, such as vertebrae. Potential benefits of an adjustment include restoring normal joint motion, reducing swelling and inflammation in a joint, reducing pain in the joint, and improving neurological functioning and overall well-being.

It is important that you understand, as with all health care approaches, results are not guaranteed, and there is no promise to cure. As with all types of health care interventions, there are some risks to care, including, but not limited to: muscle spasms, aggravating and/or temporary increase in symptoms, lack of improvement of symptoms, burns and/or scarring from electrical stimulation and from hot or cold therapies, including but not limited to hot packs and ice, fractures (broken bones), disc injuries, strokes, dislocations, strains, and sprains. With respect to strokes, there is a rare but serious condition known as an "arterial dissection" that typically is caused by a tear in the inner layer of the artery that may cause the development of a thrombus (clot) with the potential to lead to a stroke. The best available scientific evidence supports the understanding that chiropractic adjustment does not cause a dissection in a normal, healthy artery. Disease processes, genetic disorders, medications, and vessel abnormalities may cause an artery to be more susceptible to dissection. Strokes caused by arterial dissections have been associated with over 72 everyday activities such as sneezing, driving, and playing tennis.

Arterial dissections occur in 3-4 of every 100,000 people whether they are receiving health care or not. Patients who experience this condition often, but not always, present to their medical doctor or chiropractor with neck pain and headache. Unfortunately a percentage of these patients will experience a stroke.

The reported association between chiropractic visits and stroke is exceedingly rare and is estimated to be related in one in one million to one in two million cervical adjustments. For comparison, the incidence of hospital admission attributed to aspirin use from major GI events of the entire (upper and lower) GI tract was 1219 events/ per one million persons/year and risk of death has been estimated as 104 per one million users.

It is also important that you understand there are treatment options available for your condition other than chiropractic procedures. Likely, you have tried many of these approaches already. These options may include, but are not limited to: self-administered care, over-the-counter pain relievers, physical measures and rest, medical care with prescription drugs, physical therapy, bracing, injections, and surgery. Lastly, you have the right to a second opinion and to secure other opinions about your circumstances and health care as you see fit. I have read, or have had read to me, the above consent. I appreciate that it is not possible to consider every possible complication to care. I have also had an opportunity to ask questions about its content, and by signing below, I agree with the current or future recommendation to receive chiropractic care as is deemed appropriate for my circumstance. I intend this consent to cover the entire course of care from all providers in this office for my present condition and for any future condition(s) for which I seek chiropractic care from this office.

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

Parent or Guardian: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Complete Health Chiropractic Center, LLC Jennifer Pitcairn, D.C.**  
365 Warner Milne Rd., Suite 105 Oregon City, OR 97045  
503-557-9266 www.completehealthcc.com

# Complete Health Chiropractic Center, LLC

## Notice of Privacy Practices Acknowledgement

I understand that under the Health Insurance Portability and Accountability Act (HIPAA), I have certain rights to privacy regarding my protected health information. I acknowledge that I have received or have been given the opportunity to receive a copy of your Notice of Privacy Practices. I also understand that this practice has the right to change its Notice of Privacy Practices and that I may contact the practice at any time to obtain a current copy of the Notice of Privacy Practices.

**(Print) Patient Name** \_\_\_\_\_ **Date** \_\_\_\_\_

**Patient or Legal Guardian's Signature** \_\_\_\_\_

### Authorization to discuss Personal Health Information (PHI)

I authorize Complete Health Chiropractic Center and/or Dr. Jennifer Pitcairn to discuss details of my care and personal health information with the following person/people:

Name (print): \_\_\_\_\_ Relationship to me: \_\_\_\_\_

Name (print): \_\_\_\_\_ Relationship to me: \_\_\_\_\_

### Please check one: This authorization is effective through:

\_\_\_ Date: \_\_\_\_\_ OR \_\_\_ NO expiration unless revoked or terminated by the patient or the patient's personal representative.

\*\*\*\*\*

### Records:

I authorize Complete Health Chiropractic Center to share my records with my Primary Care Physician.

\_\_\_ Y \_\_\_ N

Primary Care Physician's name: \_\_\_\_\_

Clinic/Office \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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### Office Use Only

We have made the following attempt to obtain the patient's signature acknowledging receipt of the Notice of Privacy Practices:

Date: \_\_\_\_\_ Attempt: \_\_\_\_\_ Staff Name: \_\_\_\_\_



Complete Health  
Chiropractic Center, LLC

Complete Health Chiropractic Center, LLC

Jennifer Pitcairn, D.C.  
365 Warner Milne Rd., Suite 105  
Oregon City, OR 97045

# Electronic Health Records Intake Form

*In compliance with requirements for the government EHR incentive program*

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_

**Email address:** \_\_\_\_\_@\_\_\_\_\_

**Preferred method of communication for patient reminders** (Circle one): Email / Phone / Mail

**DOB:** \_\_\_/\_\_\_/\_\_\_ **Gender (Circle one):** Male / Female **Preferred Language:** \_\_\_\_\_

**Smoking Status (Circle one):** Every Day Smoker / Occasional Smoker / Former Smoker / Never Smoked

*CMS requires providers to report both race and ethnicity*

**Race (Circle one):** American Indian or Alaska Native / Asian / Black or African American / White (Caucasian) Native Hawaiian or Pacific Islander / Other / I Decline to Answer

**Ethnicity (Circle one):** Hispanic or Latino / Not Hispanic or Latino / I Decline to Answer

**Are you currently taking any medications?** (Please include regularly used over the counter medications)

Medication Name	Dosage and Frequency (i.e. 5mg once a day, etc.)

**Do you have any medication allergies?**

Medication Name	Reaction	Onset Date	Additional Comments

**I choose to decline receipt of my clinical summary after every visit** (*These summaries are often blank as a result of the nature and frequency of chiropractic care.*)

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

***For office use only***

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_ / \_\_\_\_\_

# PIP (Personal Injury Protection) Agreement

## **What is Oregon Personal Injury Protection Insurance?**

Personal injury protection insurance is medical and wage loss insurance that is required for every Oregon non-commercial auto policy.

## **Who does personal injury protection insurance cover?**

It covers all of the occupants of the car. It also covers you if you are a pedestrian or a cyclist. If you do not have personal injury protection but are a pedestrian or cyclist hit by a car, the driver's personal injury protection covers you.

## **Why do I have to make a claim through my insurance company for personal injury protection benefits?**

Oregon is a no fault state. Oregon law provides that your insurance company provide personal injury protection insurance regardless of whose fault the accident is. This means Complete Health Chiropractic Center (CHCC) will bill the car insurance of the vehicle you were in. The insurance company of the car you were in is required either to pay:

- 1) For two years from the date of injury.
- 2) Up to the maximum of the PIP coverage on the policy for your medical care.
- 3) What they deem to be medically necessary.

It is important that you know what your PIP coverage amount is so that you are aware when/if you reach your maximum. This includes all providers you have seen.

**If you hit someone or something:** Your insurance is the only insurance involved. CHCC will bill your car insurance for the period of time explained above.

**If someone hit you and has insurance (3<sup>rd</sup> party insurance):** If another person is at fault, their insurance is called the 3<sup>rd</sup> party. 3<sup>rd</sup> party insurance is required to pay for 2 years of medical care, or what they deem to be medically necessary. The 3<sup>rd</sup> party insurance does not pay for any of your medical care until you are released from care, and you have agreed to a settlement with them. In most cases the 3<sup>rd</sup> party insurance will reimburse all parties (such as your car insurance) once you have settled with them. You are not required to settle your medical claim with the 3<sup>rd</sup> party until you are released from care, and you do not have to sign a medical release of information authorization with the 3<sup>rd</sup> party insurance until you are ready to settle. You do have to contact the 3<sup>rd</sup> party insurance before 2 years from the date of your accident to initiate a settlement.

**If someone hit you and has no insurance (Uninsured motorist):** CHCC will bill your car insurance. You will settle with your insurance for any pain and suffering under the uninsured portion of your insurance.

## Attorney Information

Do you have an attorney on this case?  Yes  No

If YES, attorney's name \_\_\_\_\_ Phone number \_\_\_\_\_  
Address \_\_\_\_\_

If NO  (please initial) I agree to notify this office if I retain an attorney for my Personal Injury Protection case.

## Insurance Information

Did the accident you were in occur in the state of Oregon?  Yes  No

If no, what state did the accident occur? \_\_\_\_\_

Is your insurance policy or the insurance policy of the vehicle you were issued in the state of Oregon?  
 Yes  No

If no, what state was the insurance issued in? \_\_\_\_\_

### Patient's Insurance Company Information - (you)

Company Name: \_\_\_\_\_ Policy # \_\_\_\_\_

Claim # \_\_\_\_\_ Adjuster's Name \_\_\_\_\_

Phone # \_\_\_\_\_ Extension \_\_\_\_\_

Do you have a *deductible* on your policy? **Y or N** If yes, how much? \_\_\_\_\_ Has it been met? \_\_\_\_\_

**(If you do have a deductible on your policy, you must pay for the deductible within 60 days of the treatment start date.)**

### Insured's Insurance Information: - (If you were a passenger, or driving a vehicle other than your own)

Insured's name if other than you \_\_\_\_\_ Phone \_\_\_\_\_

Company Name \_\_\_\_\_ Policy # \_\_\_\_\_

Claim # \_\_\_\_\_ Phone # \_\_\_\_\_

### OTHER Driver's Insurance Information – (Other car's driver)

Other Driver's Name (if another car was involved) \_\_\_\_\_ Phone \_\_\_\_\_

Company Name \_\_\_\_\_ Policy # \_\_\_\_\_

Claim # \_\_\_\_\_ Phone # \_\_\_\_\_

Certain services may not be covered by your personal injury protection insurance. You will be financially responsible for the services not covered. Some of these services may include: ice packs, supplements and other support products. I understand the above and agree that I am financially responsible for all services including any uncovered services.

Patient's/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

Print \_\_\_\_\_

.....  
**For office use only**

Date: \_\_\_\_\_

Verify claim# \_\_\_\_\_

Is the PIP claim open and benefits available? \_\_\_\_\_

Adjuster: \_\_\_\_\_

Phone # \_\_\_\_\_ Ext \_\_\_\_\_

Deductible/Amount? \_\_\_\_\_

Address to send claims: \_\_\_\_\_

# Neck Pain Disability Index Questionnaire

## Neck pain and headaches

Name:

Date:

**Please check the statement that most accurately matches how your neck discomfort is affecting you:**

### Section 1: Pain Intensity

- I have no pain at the moment.
- The pain is very mild at the moment.
- The pain is moderate at the moment.
- The pain is fairly severe at the moment.
- The pain is very severe at the moment.
- The pain is the worst imaginable at the moment.

### Section 2: Personal Care

- I can look after myself normally without causing extra pain.
- I can look after myself normally but it causes extra pain.
- It is painful to look after myself and I am slow and careful.
- I need some help but manage most of my personal care.
- I need help every day in most aspects of self care.
- I do not get dressed, I was with difficulty and had to stay in bed.

### Section 3: Lifting

- I can lift heavy weights without extra pain.
- I can lift heavy weights but it gives me extra pain.
- Pain prevents me from lifting heavy weights off the floor but I can manage if they are convenient places e.g. on a table
- Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned.
- I can only lift very light weights
- I cannot lift or carry anything.

### Section 4: Reading

- I can read as much as I want with no pain in my neck.
- I can read as much as I want to with slight pain in my neck.
- I can read as much as I want with moderate pain.
- I can't read as much as I want because of moderate pain in my neck.
- I can hardly read at all because severe pain in my neck.
- I cannot read at all.

### Section 5: Headaches

- I have no headaches at all
- I have slight headaches which come infrequently.
- I have slight headaches which come frequently.
- I have moderate headaches which come infrequently
- I have moderate headaches which come frequently
- I have headaches almost all the time.

### Section 6 Concentration:

- I can concentrate fully when I want to with no difficulty
- I can concentrate fully when I want to with slight difficulty
- I have a fair degree of difficulty in concentration when I want.
- I have a lot of difficulty in concentrating when I want to.
- I have a great deal of difficulty in concentrating when I want to
- I cannot concentrate at all.

### Section 7: Work

- I can do as much work as I want to.
- I can only do my usual work, but no more.
- I can do most of my usual work, but no more.
- I cannot do my usual work.
- I can hardly do any work at all.
- I can't do any work at all.

### Section 8: Driving

- I drive my car without any neck pain.
- I can drive my car as long as I want with slight pain in my neck.
- I can drive my car as long as I want with moderate pain in my neck.
- I can't drive my car as long as I want because of moderate pain in my neck.
- I can hardly drive my car at all because of severe pain in my neck.
- I can't drive my car at all.

### Section 9: Sleeping

- I have no trouble sleeping
- My sleep is slightly disturbed (less than 1 hr. sleepless).
- My sleep is moderately disturbed (1-2 hrs. sleepless).
- My sleep is moderately disturbed (2-3 hrs. sleepless).
- My sleep is greatly disturbed (3-4 hrs. sleepless).
- My sleep is completely disturbed (5-7 hrs. sleepless).

### Section 10: Recreation

- I am able to engage in all my recreation activities with no neck pain at all.
- I am able to engage in all my recreation activities with some pain in my neck.
- I am able to engage in most, but not all of my usual recreation activities because of pain in my neck.
- I am able to engage in a few of my usual recreation activities because of pain in my neck.
- I can hardly do any recreation activities because of pain in my neck.
- I can't do any recreation activities at all.

## Disability Questionnaire (Oswestry) - for low back

Name:

Date:

Please check the statement that most accurately matches how your low back discomfort is affecting you:

### Section 1: Pain Intensity

- The pain comes and goes and is very mild
- The pain is mild and does not vary much
- The pain comes and goes and is moderate.
- The pain is moderate and does not vary much.
- The pain comes and goes and is very severe.
- The pain is severe and does not vary much.

### Section 2: Personal Care

- I would not have to change my way of washing or dressing in order to avoid pain.
- I do not normally change my way of washing or dressing even though it causes some pain.
- Washing and dressing increases the pain, but I manage not to change my way of doing it.
- Washing and dressing increases the pain, and I find it necessary to change my ways of doing it.
- Because of the pain, I am unable to do some washing and dressing without help.
- Because of the pain, I am unable to do any washing and dressing without help.

### Section 3: Lifting

- I can lift heavy weights without extra pain
- I can lift heavy weights but it gives me extra pain.
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are in convenient places.
- Pain prevents me from lifting heavy weights off the floor.
- Pain prevents me from lifting heavy weights, but I can manage medium weights conveniently positioned.
- I can only lift very light weights at the most.

### Section 4: Walking

- I have no pain walking.
- I have some pain on walking, but it does not increase with distance.
- I cannot walk more than one mile without increasing pain.
- I cannot walk more than ½ mile without increasing pain.
- I cannot walk more than ¼ mile without increasing pain.
- I cannot walk at all without increasing pain.

### Section 5: Sitting

- I can sit in any chair as long as I like.
- I can only sit in my favorite chair as long as I like.
- Pain prevents me sitting more than 1 hour.
- Pain prevents me sitting more than ½ hour.
- Pain prevents me sitting more than 10 minutes.
- I avoid sitting because it increases my pain right away.

### Section 6 Standing:

- I can stand as long as I want without extra pain.
- I have some pain on standing, but it does not increase with time.
- I cannot stand for longer than one hour without increasing pain.
- I cannot stand for longer than ½ hour without increasing pain.
- I cannot stand for longer than 10 minutes without increasing pain.
- I avoid standing because it increases the pain right away.

### Section 7: Sleeping

- I get no pain in bed.
- I get pain in bed, but it does not prevent me from sleeping well.
- Because of pain, my normal night's sleep is reduced by less than ¼.
- Because of pain, my normal night's sleep is reduced by less than ½.
- Because of pain, my normal night's sleep is reduced by less than ¾.
- Pain prevents me from sleeping at all.

### Section 8: Social Life

- My social life is normal and gives me no extra pain.
- My social life is normal, but increases the degree of pain.
- Pain has no significant effect on my social life apart from limiting my more energetic interests.
- Pain has restricted my social life and I do not go out as often.
- Pain has restricted my social life to my home.
- I hardly have any social life because of the pain.

### Section 9: Traveling

- I get no pain while traveling.
- I get some pain while traveling, but none of my usual forms of travel makes it any worse.
- I get extra pain while traveling, but it does not compel me to seek alternative forms of travel.
- I get extra pain while traveling, which compels me to seek alternative forms of travel.
- Pain restricts all forms of travel.
- Pain prevents all forms of travel except that done by lying down.

### Section 10: Changing degree of Pain

- My pain is rapidly getting better.
- My pain fluctuates, but is definitely getting better.
- My pain seems to be getting better, but improvement is slow at present
- My pain is neither getting better nor worse.
- My pain is gradually worsening.
- My pain is rapidly worsening.