



Thank you for choosing Real Rehab Sports + Physical Therapy. We would like to welcome you as a new patient. Our staff wants to ensure that your first visit goes smoothly and that all of your questions are addressed. To assist us in better serving you, please take a moment to review the following information:

Please arrive 15 minutes early to your scheduled appointment in order to complete the intake and check-in process. This will help to ensure your appointment begins on time. If you arrive 15 minutes or later for your scheduled appointment, we will need to reschedule the appointment out of courtesy for other patients and the clinicians. Please bring the following with items with you:

- All the completed intake and medical history forms
- Your doctor's written prescription, if required by your insurance
- Any Image and/or Surgery Reports related to your Injury/Condition
- Your insurance card and a form of photo ID. We will need to scan a copy of these items into your chart to ensure we collect all necessary information to bill your insurance company.
- Co-payment if applicable, as these are due at the time of service. Please note we accept cash, check and Mastercard/Visa.

Your evaluation will take 55 minutes and any miscellaneous time spent with administrative issues can take up to an additional 15 minutes (scheduling, payment, completion of paperwork, etc.). All subsequent visits will last 55 minutes. Your initial evaluation will consist of an interview and a physical examination performed by a licensed physical therapist. At the completion of your evaluation, the therapist will discuss the clinical findings with you and outline a treatment plan. Once a treatment plan has been established, the therapist will discuss incorporating a home exercise program to supplement your visits. Please wear or bring comfortable, loose fitting clothing that will allow the therapist to expose the affected regions of the body:

- If your care is regarding your lower body or back, please wear or bring shorts.
- If your care is regarding your upper body or back, please wear or bring a tank top or other appropriate clothing which reveals the body part being treated.

Real Rehab Sports and Physical Therapy offers Wellness and Performance services in addition to traditional physical therapy to raise the bar when it comes to play. Check out our website, www.realrehab.com or ask a member of our team about our Wellness and Performance Services. These services include Bike Fitting, Video Gait Analysis and Metabolic Efficiency Testing. We also offer custom orthotics evaluation and fitting.

Thank you in assisting us in making your visit to Real Rehab a positive experience. Should you have any questions regarding your appointment, please do not hesitate to contact one of our Front Office Coordinators at (206) 706-7500. If it is necessary to cancel an appointment, please call to reschedule at least 24 hours prior to your scheduled appointment. We look forward to working with you and assisting you in REACHING YOUR PEAK!

Intake Information Form

How did you find out about our facility?

MD Friend Previous Patient Insurance Carrier Other: _____

Patient Information

Responsible Party/Billing

Last First M.

Last First M.

Address

Address

City State Zip

City State Zip

Home Phone Cell Phone

Home Phone Cell Phone

Sex M F

Sex M F

Work Phone

Work Phone

Employer

Employer

Date of Birth Age

Date of Birth Age

Spouse's Name Work Phone

Spouse's Name Work Phone

Email: _____

Y/ N *Please send me information on your upcoming events and Specialty Services*

Referring Physician Phone # Primary Care Physician Phone #

Patient/Guardian Signature: _____ Date: _____

**I hereby Authorize Real Rehab Sports + Physical Therapy Access to my Medical Records for the Above Physician's*

Are current symptoms related to: Auto Accident; If so, has the accident been reported? Yes No State of Accident _____

Work Injury; If so, is there a case manager involved? Yes No Date of Accident: _____

Case Manager Name: _____ Phone # _____ Fax # _____

Employer Contact/Title: _____ Phone # _____ Fax # _____

Current Work Status: Full Duty Limited Duty Not Working

Diagnosis (es): _____ Date of last MD Appt: _____ Date of Next MD Appt: _____

Date of Onset/Injury: _____ Rx Date: _____ Surgery: Yes No Date of Surgery: _____

Have you had physical therapy, occupational therapy, speech therapy, chiro care, etc. this benefit year? Yes If so, where _____ No

ACKNOWLEDGEMENT OF RECEIPT OF NOTICE OF PRIVACY PRACTICES

I, _____ (printed name of patient or personal representative) acknowledge that I have received a copy of the Notice of Privacy Practices of **Real Rehab Sports + Physical Therapy** for (check one) _____ me _____ specify name of individual [please print clearly] and agree to the liability limitations explained therein: _____ .

Signature of Patient or Personal Representative

Date

Print Name

Relationship to patient (not self)

CONSENT TO TREAT

The patient authorizes the Physical, Occupational, and/or Speech Therapist to examine and treat the condition as he/she deems appropriate through the use of physical/occupational, and/or speech therapy measures, and the patient gives authorization for these procedures to be performed.

The patient has the right to informed participation in decisions involving his/her health care. This shall be based on clear, concise explanation of his/her condition and of all proposed treatment procedures. All possible risks and/or side effects as well as the probability of success with such procedures shall be disclosed to the patient by his/her attending Physical, Occupational, and/or Speech Therapist. The patient will not hold the Physical, Occupational, and/or Speech Therapist responsible for any pre-existing medically diagnosed conditions nor for any medical diagnosis.

The patient has the right to know who is responsible for authorizing and performing any and all treatment procedures.

The patient shall not be subjected to any procedure without his/her voluntary, competent, and understanding consent or the consent of his legally authorized representative. Where medically significant alternatives for care or treatment exist, the patient shall be so informed.

The patient shall be advised if Real Rehab Sports + Physical Therapy proposes to engage in or perform human experimentation, for the purpose of research, affecting his/her care. The patient has the right to refuse to participate in such research projects.

I have read (or have had read to me) the above information and understand the content.

Patient (or Guardian) Signature

Date

Witness Signature (If you are unable to Sign)

Date

Real Rehab Sports + Physical and Physical Therapy Late Cancellation/Missed Appointment Policy

Missed appointments and those canceled less than **24** hours in advance impact our ability to provide healthcare to you and others that are in need of our care. We provide reminder calls and/or emails prior to your appointment but this does not excuse you from any missed appointments. You are ultimately responsible for any and all of the appointments that you have scheduled with us.

Any appointments that are either canceled less than **24** hours in advance or are missed will result in a **\$125** fee that will be charged directly to your account. *A pattern of missed appointments may also result in our no longer being able to provide you further care at our facility.*

I, the undersigned, have been informed about the Cancellation/Missed Appointment Policy here at Real Rehab Sports and Physical Therapy. I understand that a pattern of missed appointments not canceled at least **24** hours in advance may result in my termination of care at this clinic and will also be subjective to a **\$125** "Late Cancellation/Missed Appointment" fee for each occurrence that I am responsible for.

Patient (or Guardian) Signature

Date

INITIAL EVALUATION SUBJECTIVE HISTORY WORKSHEET (Page 1)

Patient Name: _____ DOB: _____ Date of Eval: _____

Describe the current problem that brings you here today: _____

When did your symptoms start? _____ What Side of Your Body? _____

Are your symptoms: Improving Getting Worse Staying the Same

Have you had any testing? X-rays MRI EMG/ Nerve Conduction Test CT Scan Other : _____

Results (please provide report, or contact information for report): _____

Have you ever had these symptoms before? Yes No Description: _____

Did you have surgery for this issue? Yes No Date of Surgery: _____

Describe any treatments you have received for this issue, and subsequent benefits or effects:

Name of Physician: _____ Date of next Doctor's appointment: _____

SUBJECTIVE

MEDICAL PRECAUTIONS AND CONTRAINDICATIONS

Since the onset of your symptoms have you had: (check all that apply)?

- Fever/Chills/Sweats
- Any difficulty with control of bowel or bladder function
- Nausea or Vomiting
- Significant, unexplained change in body weight (gain/loss)
- Any numbness in the genital or anal area
- Unexplained Fatigue
- Pain that does not change with rest, activity, or position change

- Difficulty with Walking Balance/Falls
- Dizziness/Lightheadedness/Fainting Attacks
- Problems with Vision/Hearing
- Numbness
- Shortness of Breath
- Headaches
- Difficulty swallowing
- Pregnancy: How Many Children? _____, if currently pregnant, how many weeks? _____

PREVIOUS MEDICAL HISTORY

Have you EVER been diagnosed with, or suspected of having, any of the following conditions, please check ALL that apply and supply details as able:

- Cancer (type) _____
- Heart Problems
- Chest Pain/Angina
- High Blood Pressure
- Circulation Problems
- Blood Clots
- Stroke
- Depression
- Anemia
- Diabetes
- Multiple Sclerosis
- Parkinson's Disease
- Infectious Disease (ie hepatitis, tuberculosis, etc.)
- Bone or Joint Infection

- Osteoporosis
- Rheumatoid Arthritis
- Other Arthritic Condition
- Bladder/Urinary Tract Infection
- Pelvic Inflammatory Disease/Endometriosis
- Kidney Problem/Infection
- Thyroid Problems
- Blood Disorders
- Head Injury
- Asthma
- Epilepsy
- Chemical Dependency
- Other Gastrointestinal disorders? _____
- List all allergies:** _____
- Latex?** _____

FAMILY HISTORY

Has anyone in your immediate family ever been diagnosed with any of the following conditions? (check all that apply)

- Cancer Heart Disease Diabetes
- Blood Clots High Blood Pressure Depression

- Thyroid Problems Rheumatoid Arthritis/Conditions
- Stroke/TIA Liver Problems Osteoporosis Seizure/Epilepsy

MEDICATIONS and Other

Please list all of the medications [*with specific NAME, DOSAGE, FREQUENCY, and ROUTE (ie: by mouth)*] that you are currently taking [including over-the-counter, prescriptions, herbals, and vitamins/mineral(s)]:

Have you ever taken steroid medications? Yes No If yes, when, and for what condition _____

Are you currently taking blood thinners/anticoagulants? Yes No If yes, how long and for what condition _____

History of smoking? Yes No

If you have pain, what is your pain level?

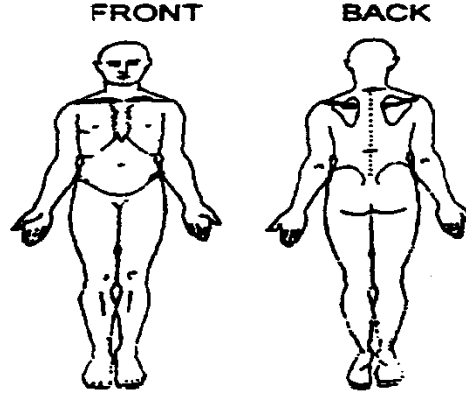
Mark the location of your pain with an "X":

(0 = No Pain, 10 = Extreme Pain - Circle)

AT WORST: 0 1 2 3 4 5 6 7 8 9 10

AT BEST: 0 1 2 3 4 5 6 7 8 9 10

CURRENTLY: 0 1 2 3 4 5 6 7 8 9 10



Describe symptoms: Constant Come and Go Ache Deep Superficial Dull Sharp Shooting Burning Numb/Tingling
 Other: _____

Symptom Pattern:

Does your pain seem to be WORSE at a certain time of day? Yes No If Yes, Morning Night Other: _____

Does your pain progress as the day goes along? Yes No If Yes, please explain: _____

Do you have difficulty sleeping? Yes No If Yes, please explain: _____

Do you wake due to pain? Yes No If Yes, # of times per night: _____

FUNCTIONAL ABILITIES AND RESTRICTIONS

What activities or duties are difficult to perform due to your condition? Squatting Sitting Standing Walking Lifting
 Dressing/Grooming Driving Stairs Reaching Work Tasks Gripping/Pinching Kneeling Position Changes
 Cooking Cleaning Vacuuming Laundry Yard Work Shopping
 Exercise: _____ Other: _____

Do you ever experience leakage of urine, even a small amount with activity? Yes No

Do you ever experience pain with intercourse (and/or for women - with tampon insertion)? Yes No

What makes your pain WORSE? _____

What makes your pain BETTER? _____

Occupation: _____ Presently Working: Yes No If Yes, Full Duty Limited Duty:

Restrictions: _____ # Days Off Work: _____ Job Duties: _____

Are you now, or have you ever been disabled? Yes No If Yes, when? _____ Please explain: _____

Have you had any falls in the past 12 months? Yes No If Yes, how many times? _____ Injuries? _____

How would you classify your general health? Good Fair Poor

Please list hobbies and interests: _____

Describe your normal exercise and fitness activities, include details (i.e. Run 30 minutes, 3 times per week): _____

List any event(s) with dates that you are preparing for: _____

PATIENT GOALS FOR THERAPY

What are your goals for participating in Therapy?

1. _____
2. _____
3. _____

VITALS and PAR-Q

Heart Rate: _____ Blood Pressure: _____ PAR-Q Completed? Yes _____ NO _____

SIGNATURES

To the best of my knowledge I have fully informed you of the history of my problem and current status.

Patient's Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____