SPINE AND SPORTS CENTER
OF CHICAGO

NEW & EXISTING PATIENT
ANKLE PAIN APPOINTMENT PACKET

NEW PATIENTS:
Please fill in ALL THE FORMS in this packet and bring them with you for your first visit.

EXISTING PATIENTS:
Please go to page 7 and fill in all remaining forms. Bring them with you when you return to the office.

WE CANNOT ACCEPT FORMS VIA FAX.
PLEASE REMEMBER TO BRING THESE FORMS WITH YOU FOR YOUR SCHEDULED APPOINTMENT.

Questions? Please call us at (312) 846-6647

SPINE AND SPORTS CENTER OF CHICAGO

NEW PATIENTS ONLY

PATIENT INFORMATION **Date _____/_____/_____**

Patient Name (last, first) _____ Preferred Name _____

Home Phone (_____) _____ Work Phone # (_____) _____ Cell Phone (_____) _____

Social Security #_____ E-Mail Address _____

Address_____ City_____ State_____ Zip Code_____

Date of Birth _____/_____/_____ Age____ Sex: M F Height_____ Weight ____ Patient Employer _____

Work Address_____ City_____ State_____ Zip Code_____

Occupation / Job Description _____

Marital Status (circle one): Single / Married / Widowed / Divorced / Separated / Domestic Partner / Other: _____

How did you hear about Spine & Sports Center of Chicago? _____

Emergency Contact _____ Relationship _____ Phone # (_____) _____

Note: (Only fill out this section if the patient is different from the insured) Insured Name: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Social Security #: _____ Home Phone #: _____ Date of Birth: ___/___/_____

Insured Employer: _____ Work Phone: _____

Work Address: City: State: Zip Code:

Review of Systems: *Please write in a number .1 – PRESENTLY HAVE 2 – PREVIOUSLY HAD 3 – RELATED TO ACCIDENT*

GENERAL
___Allergy
___Chills
___Convulsions
___Dizziness
___Fainting
___Fatigue
___Fever
___Headache
___Sleep Loss
___Weight Loss/Gain
___Nervousness/Depression
___Neuralgia
___Numbness
___Sweats
___Tremors
___Anxiety/Depression

EYE, EARS, NOSE THROAT
___Asthma
___Colds
___Sore Throat
___Deafness
___Dental decay
___Ear aches/ringing in ear
___Ear Discharge
___Sinus Infection
___Enlarged Thyroid
___Enlarged Glands
___Nose Bleeds
___Vision problems
___Far sighted
___Near Sighted
___Hoarseness
___Nasal Obstruction

MUSCULOSKELETAL
___Arthritis
___Bursitis
___Foot Trouble
___Hernia
___low back pain
___lumbago
___neck pain/stiffness
___shoulder blade pain

PAIN OR NUMBNESS IN:
___ shoulders
___ arms
___ elbows
___ hands
___ Hips
___ legs
___ knees
___ ankles
___ feet
___poor posture
___sciatica
___spinal curvature

GENITOR-URINARY
___bedwetting
___blood in urine
___frequent urination
___inability to control bladder
___kidney infection or stones
___Painful urination
___prostate trouble
___pus in urine
___painful menstruation
___hot flashes
___irregular cycle
__ lumps in breasts

CARDIOVASCULAR
___Hardening of arteries
___high blood pressure
___low blood pressure
___pain over heart
___poor circulation
___rapid heart beat
___slow heart beat
___swelling of ankles

RESPIRATORY
___chest pain
___chronic cough
___difficult breathing
___spitting up blood
___spitting up phlegm
___wheezing

GASTROINTESTINAL
___belching or gas
___colitis
___colon trouble
___constipation
___diarrhea
__difficult digestion
___distention of abdomen
___excessive hunger
___heartburn/reflux
___gall bladder trouble
___hemorrhoids
___intestinal worms
___jaundice
___liver trouble
___nausea
___Pain over stomach
___Vomiting
___Vomiting blood

DOCTOR ONLY:

_____

_____

_____

_____

SPINE AND SPORTS CENTER OF CHICAGO

NEW PATIENTS ONLY

Patient Name: _____ Date: _____/_____/_____

Current Medication: (Include all vitamins, herbal supplements, and over-the-counter medications.)

1._____ 5._____

2. _____ 6. _____

3. _____ 7. _____

4. _____ 8. _____

Allergies (medication, food, other substance) Please list and state the reaction you had:

_____

_____

Hospitalizations / Surgeries (please list procedures, dates and locations): _____

_____

_____

Imaging (X-RAYS, MRI'S, ULTRASOUNDS, etc.)_____

_____

Previous Injuries (sprains, fractures, auto or other accidents, etc.) _____

_____

Family History: Check any diseases which your relatives have had (if known):

Relatives	Arthritis	Cancer	Diabetes	Heart Disease/Stroke	Kidney Disease	Neurological Disease	Thyroid Disease	Deceased
Father								
Mother								
Brother								
Sister								
Maternal Grandparents								
Paternal Grandparents								

DOCTOR ONLY: _____

_____

_____

Personal Habits – Please answer honestly. *All information is confidential.*

Please rate your answer on a scale of 1 to 5, with 1 being No/Never and 5 being Yes/Often.

	1	2	3	4	5	Elaborate
Exercise Regularly (3-4 x week)						
Wear Seat Belts						
Recreational Drugs						
Drink Alcohol						
Smoke						
Chew Tobacco						
Experience Stress						
Other						

SPINE AND SPORTS CENTER OF CHICAGO

NEW PATIENTS ONLY

Patient Name: _____ Date: _____/_____/_____

Women Only:

Menstrual Periods: Age of Onset: ___ Regular? Yes ☐ No ☐ Length of Period: _____

Date last Period Began: ___/___/____ Average Cycle Length: _____

Difficulty with Periods: Yes ☐ No ☐ Specify: _____

Age at Menopause (if applicable): _____ Date of last Pap Smear/Pelvic Exam? ____/____/_____

Number of Children: Born Alive____ Cesarean_____ Premature_____ Stillborn____ Miscarriages _____

Describe Pregnancy or Other Complications (if applicable):_____

_____

Nutritional Information:

Please indicate what you eat in a typical week: Breakfast ☐ Lunch ☐ Dinner ☐ # Snacks _____

Indicate the estimated number of servings of each of the following items consumed in a **typical week.**

___Eggs	___Red Meat	___Nuts/Seeds	___Butter	___spicy food
___Cheese	___Pork/Ham/Bacon	___Nut Butter	___Margarine	___junk food
___Milk (Type_____)	___Chicken/Turkey	___Fruits	___Olive Oil	___fast food
___Yogurt	___Fish	___Vegetables	___Canola Oil	___desserts
___Sour Cream	___Beans	___Rice/Pasta	___Corn Oil	____other_____
___Ice Cream	___Tofu/Soy	___Bread/Cereal	___Sunflower	____other_____
___Other _____	___Lunch Meats	___Other_____	___Other Oil_____	____other_____

Any foods not listed and consumed regularly: _____

Indicate the estimated number of servings (6-8oz cups) of the following consumed in a **typical day.**

___Caffeinated Coffee	___Green Tea	___Water
___Decaffeinated Coffee	___Regular Soft Drinks	___Fruit Juice
___Regular Tea	___Diet Soft Drinks	___Sports Drinks
___Herbal Tea	___Diet Drinks/Aids	___Other

Any drinks not listed and consumed regularly: _____

On a scale of 0-10 (10 being extremely healthy), how healthful do you rate your diet? ___/10

If you try to follow a specific diet, please describe the diet and why you follow this type of diet: _____

_____

If you would like to have a nutritional consultation, please indicate any specific goals and/or questions: _____

_____

Please give any other insights and/or information that you feel might be helpful in your care and/or health maintenance: _____

_____

What do you hope to enjoy better when you regain your health? _____

DOCTOR ONLY: _____

_____

_____

_____

_____

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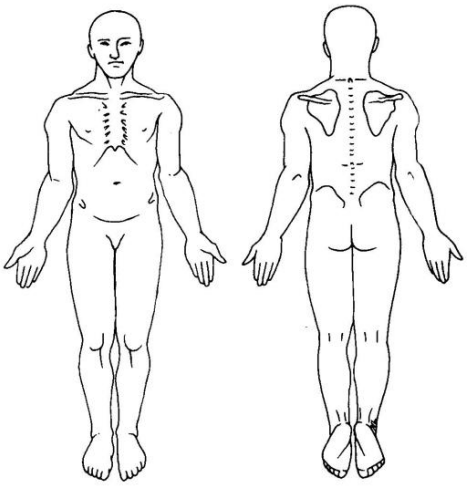
Patient Name: _____ Date: _____/_____/_____

Mark the areas on the diagram with the appropriate symbols for the sensations that you feel. Include all affected areas.

Numbness	Pins & Needles	Burning	Aching	Sharp / Stabbing
+++++	00000	xxxxx	*****	/ / / / /



PLEASE CIRCLE YOUR LEVEL OF PAIN BELOW:
(1=minimal pain; 10=worst pain imaginable)

PAIN CURRENTLY
1 2 3 4 5 6 7 8 9 10

PAIN AT ITS WORST
1 2 3 4 5 6 7 8 9 10

PAIN TYPICALLY
1 2 3 4 5 6 7 8 9 10

DOCTOR ONLY: _____

SPINE AND SPORTS CENTER OF CHICAGO

NEW PATIENTS ONLY

INSURANCE VERIFICATION

Please call your insurance company to verify your benefits prior to your first 2013 visit at Serenity Health and Wellness. We are "In-Network" with BlueCross Blue Shield PPO only; all other insurance carriers are "Out-of-Network". Make sure you state that when you call.

Patient Name: _____ **Date of Birth:** ____/____/____

Insurance ID: _____ **Group #** _____

Insurance Company _____

Primary Card Holder Patient Y / N: if no who is _____

Relationship to: _____ **Date of Birth:** ____/____/____

Date and Time Called: _____ Reference #: _____

Please ask the following questions:

Policy Effective Date_____

Deductable per Calendar Year _____ Amount Met _____

Policy year begins on January 1st? **Yes No** If no, when? _____

Is there a pre-existing condition on this policy **Yes No** If yes, when does it expire ____/____/____

Does this plan require pre authorization / pre notification / or pre certification **Yes No**

How is an office visit covered?

Coinsurance %: _____ Copay: _____ Max Benefit Amount $_____ Max # of Visits/Year_____

How is chiropractic care covered?

Coinsurance%: _____ Copay: _____ Max Benefit Amount $_____ Max # of Visits/Year_____

Out of pocket $_____

How is physical therapy covered?

Coinsurance%: _____ Copay: _____ Max Benefit Amount $ _____ Max # of Visits/Year_____

Out of pocket $_____

How is acupuncture covered? Does the doctor have to be a licensed MD Yes No

Coinsurance%: _____ Copay: _____ Max Benefit Amount $_____ Max # of Visits/Year_____

Out of pocket $_____

How are codes 97140 and 97124 covered?

Coinsurance%: _____ Copay: _____ Max Benefit Amount $_____ Max # of Visits/Year _____

NAME _____ Primary Complaint : _____

1. Please indicate your usual level of pain during the past week:

No pain 0 1 2 3 4 5 6 7 8 9 10 Worst possible pain

2. Does pain, numbness, tingling or weakness extend into your leg (from the low back) &/or arm (from the neck)?

None of the time 0 1 2 3 4 5 6 7 8 9 10 All of the time

3. How would you rate your general health? (10-x)

Poor 0 1 2 3 4 5 6 7 8 9 10 Excellent

4. If you had to spend the rest of your life with your condition as it is right now, how would you feel about it?

Delighted 0 1 2 3 4 5 6 7 8 9 10 Terrible

5. How anxious (eg. tense, uptight, irritable, fearful, difficulty in concentrating / relaxing) you have been feeling during the past week:

Not at all 0 1 2 3 4 5 6 7 8 9 10 Extremely anxious

6. How much you have been able to control (i.e., reduce/help) your pain/complaint on your own during the past week:

I can reduce it 0 1 2 3 4 5 6 7 8 9 10 I can't reduce it at all

7. Please indicate how depressed (eg. Down-in-the-dumps, sad, downhearted, in low spirits, pessimistic, feelings of hopelessness) you have been feeling in the past week:

Not depressed at all 0 1 2 3 4 5 6 7 8 9 10 Extremely depressed

8. On a scale of 0 to 10, how certain are you that you will be doing normal activities or working in six months?

Very certain 0 1 2 3 4 5 6 7 8 9 10 Not certain at all

9. I can do light work for an hour?

Completely agree 0 1 2 3 4 5 6 7 8 9 10 Completely disagree

10. I can sleep at night

Completely agree 0 1 2 3 4 5 6 7 8 9 10 Completely disagree

11. An increase in pain is an indication that I should stop what I am doing until the pain decreases.

Completely disagree 0 1 2 3 4 5 6 7 8 9 10 Completely agree

12. Physical activity makes my pain worse?

Completely disagree 0 1 2 3 4 5 6 7 8 9 10 Completely agree

13. I should not do my normal activities including work with my present pain.

Completely disagree 0 1 2 3 4 5 6 7 8 9 10 Completely agree

Patient Signature:_____ Date: _____

THE LOWER EXTREMITY FUNCTIONAL SCALE

We are interested in knowing whether you are having any difficulty at all with the activities listed below because of your lower limb Problem for which you are currently seeking attention. Please provide an answer for **each** activity.

Today, do you or would you have any difficulty at all with:

	Activities	Extreme Difficulty or Unable to Perform Activity	Quite a Bit of Difficulty	Moderate Difficulty	A Little Bit of Difficulty	No Difficulty
1	Any of your usual work, housework, or school activities.	0	1	2	3	4
2	Your usual hobbies, re creational or sporting activities.	0	1	2	3	4
3	Getting into or out of the bath.	0	1	2	3	4
4	Walking between rooms.	0	1	2	3	4
5	Putting on your shoes or socks.	0	1	2	3	4
6	Squatting.	0	1	2	3	4
7	Lifting an object, like a bag of groceries from the floor.	0	1	2	3	4
8	Performing light activities around your home.	0	1	2	3	4
9	Performing heavy activities around your home.	0	1	2	3	4
10	Getting into or out of a car.	0	1	2	3	4
11	Walking 2 blocks.	0	1	2	3	4
12	Walking a mile.	0	1	2	3	4
13	Going up or down 10 stairs (about 1 flight of stairs).	0	1	2	3	4
14	Standing for 1 hour.	0	1	2	3	4
15	Sitting for 1 hour.	0	1	2	3	4
16	Running on even ground.	0	1	2	3	4
17	Running on uneven ground.	0	1	2	3	4
18	Making sharp turns while running fast.	0	1	2	3	4
19	Hopping.	0	1	2	3	4
20	Rolling over in bed.	0	1	2	3	4
	Column Totals:					

Minimum Level of Detectable Change (90% Confidence): 9 points **SCORE: _____/ 80**

Please submit the sum of responses to ACN.

Reprinted from Binkley, J., Stratford, P., Lott, S., Riddle, D., & The North American Orthopaedic Rehabilitation Research Network, The Lower Extremity Functional Scale: Scale development, measurement properties, and clinical application, Physical Therapy, 1999, 79, 4371-383, with permission of the American Physical Therapy Association.

Patient Name_____ Date:_____

- **Patient Specific Functional Scale (PSFS):**
"Identify **3** activities that you are not able to do or have difficulty with as a result of your problem.
(Write the activity that you are having trouble with in the space provided below (e.g. running, sitting, standing, etc.) Then circle the number that corresponds to that activity.

1.) How difficult is _____ *for you?*
Activity

0 1 2 3 4 5 6 7 8 9 10
(Unable to perform) (Able to perform fully)

2.) How difficult is _____ *for you?*
Activity

0 1 2 3 4 5 6 7 8 9 10
(Unable to perform) (Able to perform fully)

3.) How difficult is _____ *for you?*
Activity

0 1 2 3 4 5 6 7 8 9 10
(Unable to perform) (Able to perform fully)

- **Pain Limitation:** "Over the past 24 hours, how much has your pain limited you from performing any of your normal daily activities?"

0 1 2 3 4 5 6 7 8 9 10
(Activities severely limited) (Activities not limited)

- **Pain Intensity:** "Over the past 24 hours, how bad has your pain been?"

0 1 2 3 4 5 6 7 8 9 10
(No Pain) (Pain as bad as it can be)

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THANK YOU!

You have successfully completed the information we need. Please bring these forms with you when you come to the office for your visit.

Questions? Please call us at (312) 846-6647