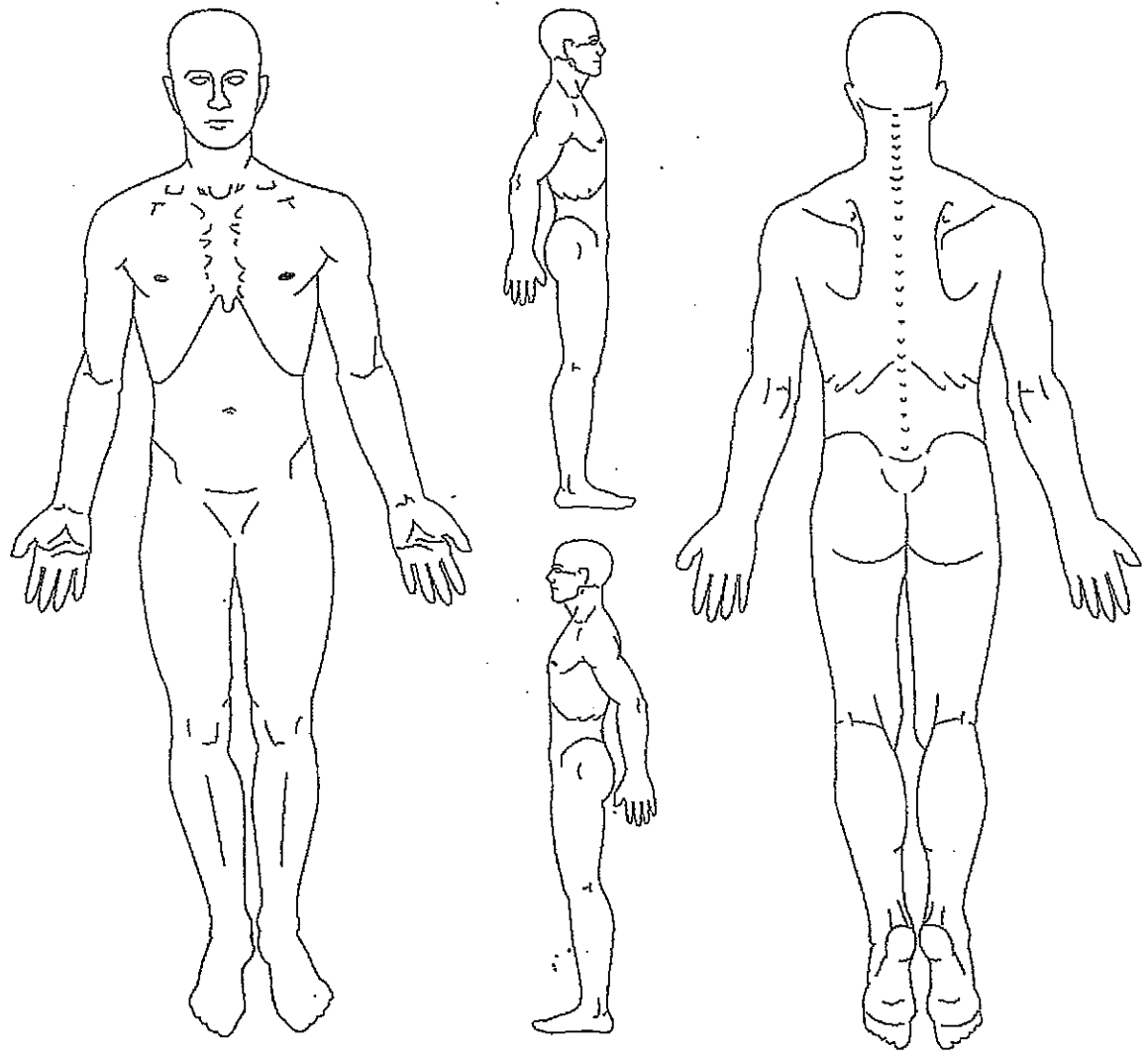


Patient Name(Print) \_\_\_\_\_ Date \_\_\_\_\_

Patient ID # \_\_\_\_\_

Please draw the location of your pain or discomfort on the images below. Use the symbols shown to represent the type(s) of pain:

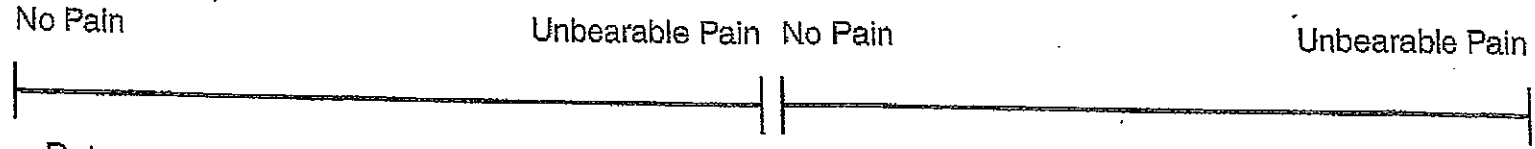
- D** = Dull
- B** = Burning
- N** = Numb
- S** = Stabbing/Cutting
- T** = Tingling (Pins & Needles)
- C** = Cramping



On the scales below, please draw a vertical line representing your pain or discomfort:

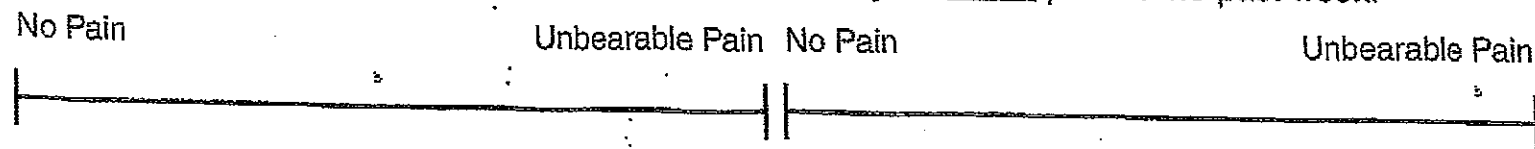
Rate the pain you have right **now**:

Rate your pain at its **best** in the past week:



Rate your **average** pain in the past week:

Rate your **worst** pain in the past week:



## Overall Functional Health Assessment

What is functional health?

At Physical Synergy, we are dedicated to helping each and every patient obtain their maximum level of functional health. Functional Health is your ability to perform you day to day tasks and activities as well as your leisure and recreational activities without discomfort and to the best of your ability.

For example, do you find yourself walking down the stairs on an angle because your knees bother you, or avoid getting down on the floor to play with your kids because your back hurts when you try and get up.

Take a moment and think about how your current level of pain/discomfort affects your ability to live your life each day. Now, think back one, and even five years ago to your ability to get the most out of each day, and compare that to today.

Average Functional Health this Week	Average Functional Health 1 year ago
<div style="display: flex; justify-content: space-between; font-size: small;"> <span>Poor</span> <span>Optimal</span> </div> <div style="border-top: 1px solid black; height: 20px; width: 100%;"></div>	<div style="display: flex; justify-content: space-between; font-size: small;"> <span>Poor</span> <span>Optimal</span> </div> <div style="border-top: 1px solid black; height: 20px; width: 100%;"></div>
Functional Health Today	Desired Functional Health
<div style="display: flex; justify-content: space-between; font-size: small;"> <span>Poor</span> <span>Optimal</span> </div> <div style="border-top: 1px solid black; height: 20px; width: 100%;"></div>	<div style="display: flex; justify-content: space-between; font-size: small;"> <span>Poor</span> <span>Optimal</span> </div> <div style="border-top: 1px solid black; height: 20px; width: 100%;"></div>

To be filled in by the Doctor

Treatment Plan	
Treatment type	Frequency and duration
Adjustment	
Rehab/Physical Therapy	
Manual Therapy	
Graston Technique	
JTECH	
Nutrition	
Other	
Re-exam in: 3 4 6 8 visits OR 1 2 3 4 weeks      OTHER:	
Dr. Signature:	