

REVISED OSWESTRY LOW BACK PAIN QUESTIONNAIRE

PATIENT'S NAME _____ Today's Date _____

Please circle the ONE answer which **BEST** describes your degree of pain for each category.

Pain Intensity

0. The pain comes and goes and is very mild
1. The pain is mild does not vary much
2. The pain comes and goes and is moderate
3. The pain is moderate and does not vary much
4. The pain comes and goes and is severe
5. The pain is severe and does not vary much.

Lifting

0. I can lift heavy weights without extra pain
1. I can lift heavy weights, but it gives me extra pain
2. Pain prevents me from lifting heavy weights off the floor.
3. Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently placed, as on a table.
4. Pain prevents me from lifting heavy weights but I can lift light to medium weights if they are conveniently placed
5. I can only lift very light weights at the most.

Sitting

0. I can sit in any chair as long as I like without pain.
1. I can only sit in my favorite chair as long as I like.
2. Pain prevents me from sitting more than one hour.
3. Pain prevents me from sitting more than ½ hour.
4. Pain prevents me from sitting more than 10 minutes.
5. Pain prevents me from sitting at all.

Personal Care (Washing, dressing, etc)

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

Walking

0. Pain does not prevent me from walking any distance
1. Pain prevents me from walking more than one mile
2. Pain prevents me from walking more than ½ mile
3. Pain prevents me from walking more than 1/4 mile
4. I can only walk while using a cane or crutches
5. I am in bed most of the time and have to crawl to the toilet

Standing

0. I can stand as long as I want without pain.
1. I have some pain while standing but it does not increase with time
2. I cannot stand for longer than one hour without increasing pain.
3. I cannot stand for longer than ½ hour w/o increasing pain.
4. I cannot stand for longer than 10 minutes w/o increasing pain.
5. I avoid standing because it increases the pain right away.

Sleeping

0. I get no pain in bed.
1. I get pain in bed but it doesn't keep me from sleeping well.
2. Because of pain my normal nights sleep is reduced by < 1/4.
3. Because of pain my normal nights sleep is reduced by < ½.
4. Because of pain my normal nights sleep is reduced by < 3/4
5. Pain prevents me from sleeping at all.

Traveling

0. I get no pain when I travel.
1. I get some pain while I travel, but none of my usual forms of travel make it worse.
2. I get extra pain while traveling but it does not compel me to seek alternative forms of travel.
3. I get extra pain while traveling which compels me to seek alternative forms of travel.
4. Pain restricts all forms of travel.
5. Pain prevents all forms of travel except that done lying down.

Social Life

0. My social life is normal and gives me no pain.
1. My social life is normal but increases the degree of my pain
2. Pain has no significant effect on my social life apart from limiting my more energetic interests eg, dancing, sports etc
3. Pain has restricted my social life; I don't go out very much.
4. I have hardly any social life because of pain
5. I can't drive my car at all because of the pain.

Changing Degree of Pain

0. My pain is rapidly getting better.
1. My pain fluctuates but overall is definitely getting better.
2. My pain seems to be getting better but improvement is slow at present.
3. My pain is neither getting better or worse.
4. My pain is gradually worsening.
5. My pain is rapidly worsening.

Signature of Patient _____

NECK DISABILITY INDEX QUESTIONNAIRE

PATIENT'S NAME _____ Today's Date _____

Please circle the answer which best describes your degree of pain for each category.

Pain Intensity

0. I have no pain at the moment
1. The pain is very mild at the moment
2. The pain is moderate at the moment
3. The pain is fairly severe at the moment
4. The pain is very severe at the moment
5. The pain is the worst imaginable at the moment

Lifting

0. I can lift heavy weights without extra pain
1. I can lift heavy weights, but it gives me extra pain
2. Pain prevents me from lifting heavy weights off the floor but I can manage if they are conveniently positioned, as on a table.
3. Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently placed.
4. I can lift very light weights.
5. I cannot lift or carry anything at all.

Headaches

0. I have no headaches at all
1. I have slight headaches, which come infrequently
2. I have moderate headaches, which are infrequent
3. I have moderate headaches which come frequently
4. I have severe headaches, which come frequently
5. I have headaches all the time.

Personal Care (Washing, dressing, etc)

0. I can look after myself normally without causing extra pain.
1. I can look after myself normally, but it causes extra pain.
2. It is painful to look after myself and I am slow and careful.
3. I need help every day in most aspects of self care.
4. I need some help every day in most aspects of self care.
5. I do not get dressed, I wash with difficulty and stay in bed

Reading

0. I can read as much as I like with no pain in my neck
1. I can read as much as I want with slight pain in my neck
2. I can read as much as I want with moderate pain in my neck
3. I can't read as much as I want because of moderate pain in my neck
4. I can hardly read at all due to severe pain in my neck
5. I cannot read at all due to severe pain in my neck.

Concentration

0. I can concentrate fully when I want with no difficulty
1. I can concentrate fully when I want w/slight difficulty
2. I have a fair degree of difficulty in concentrating when I want.
3. I have a lot of difficulty in concentrating when I want.
4. I have a great deal of difficulty in concentrating when I want
5. I cannot concentrate at all.

Work

0. I can do as much work as I want.
1. I can only do my usual work, but no more
2. I can do most of my usual work, but no more
3. I cannot do my usual work.
4. I can hardly do any work at all
5. I can't do any work at all.

Sleeping

0. I have no trouble sleeping
1. My sleep is slight disturbed (< 1 hour sleeplessness)
2. My sleep is mildly disturbed (1-2 hrs sleeplessness)
3. My sleep is moderately disturbed (2-3 hrs sleeplessness)
4. My sleep is greatly disturbed (3-5 hrs sleeplessness)
5. My sleep is completely disturbed (5-7 hrs sleeplessness)

Driving

0. I can drive my car w/o pain in my neck
1. I can drive my car as long as I want with slight pain in my neck
2. I can drive my car as long as I want with moderate pain in my neck
3. I can't drive my car as long as I want because of moderate pain in my neck
4. I can hardly drive at all because of severe neck pain
5. I can't drive my car at all.

Recreation

0. I am able to engage in all my recreational activities with no neck pain at all.
1. I am able to engage in all my recreational activities w/some pain in my neck.
2. I am able to engage in most, but not all, of my usual recreational activities due to pain in my neck
3. I am able to engage in just a few of my usual rec. activities because of pain in my neck.
4. I can hardly do any recreational activities due to neck pain.
5. I can't do any recreational activities at all.

Signature of Patient _____

HIPAA NOTICE OF PRIVACY PRACTICES

Rowe Chiropractic and Physical Therapy Center

Protecting the privacy of your health information is important to us. This notice describes how information about you may be used and disclosed and how you can get access to this information. Please review it carefully.

Disclosure of protected health information (PHI) without authorization is limited to defined situations including emergency care, quality assurance, public health, research and law enforcement activities. Any other disclosures for the purposes of treatment, payment, or practice operations will be made only after obtaining your consent. You may request restrictions on disclosures and, if we decide to grant your request, we are bound by our agreement.

Disclosures of PHI are limited to the minimum necessary for the purpose of the request. This provision does not apply to the transfer of medical records for treatment. You may inspect and receive copies of you records within 30 days of a request. There may be a reasonable cost-based fee for photocopying, postage and preparation.

You may request a change of record. Our practice has the right to accept or deny your request. We maintain a history of PHI disclosures which are available to you.

Disclosures used in our office: You will be required to sign a check- in sheet and we may call you by name in the waiting room We may contact you by phone or mail or leave a message on an answering machine/voice mail/e-mail, or with a person pertaining to appointment reminders, missed appointments, business announcements, birthdays, or about our practice and staff. Patient files/travel cards are used during the day and may be incidently noticed by other patients during the day but are secured when the office is closed. **NO ONE OTHER THAN THE DOCTOR AND STAFF HAVE DIRECT ACCESS TO ANY PATIENT FILES OR TRAVEL CARDS AT ANY TIME.** It will be necessary to release PHI to the payer in order to get paid. It may be necessary for us to obtain previous health information from other sources in order to treat you efficiently.

Our practice is required to abide by this notice. We have the right to change this notice in the future. Any revisions will be prominently displayed in a clearly visible location in our office.

You may file a complaint about privacy violations by contacting our privacy officer: Laura Doucet, Office Manager, 410-224-2210. **I have read and know that I am entitled to a copy of the Notice of Privacy Practices:**

Signed Patient Date

I grant consent to Rowe Chiropractic and Physical Therapy Center (Provider) to use and disclose my PHI for the purposes of treatment, payment, and health care operations as detailed above. I understand I have the right to revoke this consent in writing, except to the extent you have already used or disclosed such information in reliance upon your consent.

Signed Patient Date

MEDICARE PATIENTS: I certify that the information given by me in applying for payment under Title XVIII and/or Title XI of the Social Security Act is correct. I authorize any holder of medical or other information about me to release to the Social Security Administration or its intermediary carriers any information needed for this or related Medicare claim.

Signed Patient Date

Authorization of Additional Disclosures: The Privacy Rule requires that a Provider limit the use and disclosure of PHI. I authorize this Provider to disclose information related to my care, treatment and/or finances to the following named person(s) and understand that the Privacy provisions are waived accordingly for the named:

CONSENT FOR TREATMENT: I consent to the rendering of care, including treatment and performance of diagnostic procedures. I understand that I am under the care and supervision of Robert A. Rowe, DC, and it is the responsibility of the staff to carry out the instructions of Dr. Rowe. _____