Sierra Nevada Physical Therapy

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PATIENT INFORMATION:

Name: _____ Date of Birth: _____

Name of Parent/Guardian if Minor: _____

Address: _____

Cell Phone: ( ) _____ Home Phone: ( ) _____

Email: _____Hobbies/Occupation: _____

Emergency Contact: _____ Phone: ( )_____

Referring Doctor: _____ Phone: ( )_____

FINANCIAL POLICY:

Sierra Nevada Physical Therapy (SNPT) provides physical therapy on a "fee at time of service" basis. By removing SNPT from the insurance companies, it does not have to limit the time or quality of treatment provided because of insurance company restrictions or elevate our rates to pay for billing services. I understand that I, the patient, am entering into care as a "cash-pay" client. By signing this agreement, I understand that SNPT will not be billing my insurance. I understand that my reimbursement benefits for Physical Therapy received at SNPT are out-of-network services and reimbursement is not guaranteed.

I agree to pay SNPT for my treatments **at time of service**, by cash or check unless other mutually agreed upon arrangements have been made. I understand that if I cancel more than 24 hours in advance, I will not be charged. I understand that if I cancel less than 24 hours in advance, **I will pay the full visit fee.**

_____**(initial)**

CONDITIONS FOR TREATMENT:

I understand that the physical therapist cannot make any promises or guarantees regarding a cure for or improvement in my condition. I understand that my physical therapist can share with me opinions and available studies regarding results of physical therapy treatment for my condition and will discuss treatment options with me before I consent to treatment.
I understand that in order for physical therapy treatment to be most effective, I must come to scheduled appointments and perform the home physical therapy program intended for me. If I have trouble with any part of my treatment program, I will discuss it with my therapist.

CONSENT FOR MUTUAL EXCHANGE OF INFORMATION:

I authorize the mutual exchange of information regarding myself between SNPT and the following persons or professionals:

_____

_____

ACKNOWLEDGEMENT OF RECEIPT OR UNDERSTANDING OF PRIVACY NOTICE:

I consent to the use and disclosure of protected health information about me for treatment, payment and health care operations. I acknowledge that I have read the online HIPPA document and have the right to receive a complete detailed copy of the **NOTICE OF PRIVACY PRACTICES upon request.**

_____(initial)

CONSENT FOR TREATMENT OF VISCERAL AND MANUAL THERAPY:

The term "informed consent" means that the potential risks, benefits, and alternatives of physical therapy treatment have been explained to you. The following information is to inform you of potential risks and benefits. I hereby voluntarily consent to physical therapy treatment.

Potential risks: You may experience an increase in your current level of pain or discomfort, or an aggravation of your existing injury or condition. You may experience tenderness, bruising, warmth, redness, aching, increased or decreased gastrointestinal motility, or other mild symptoms in general vicinity of tissues treated. This discomfort is usually temporary; if it does not subside in 24-48 hours, I agree to contact my physical therapist or physician.

Potential benefits: May include an improvement in your symptoms and an increase in your ability to perform daily activities. You may experience increased strength, awareness, flexibility and endurance in your movements. You may experience decreased pain and discomfort. Improved energy mobility and gastrointestinal function. You will have greater knowledge about managing your condition and the resources available to you.

I, the patient, understand in order to best treat my condition that external manual therapy techniques may be performed in the anterior chest region near breast tissue, the anterior pelvic region near genital tissue and structures, and in the posterior and inferior gluteal region near rectum and pelvic bones including sacrum, coccyx, and ischial tuberosities. At any time if I am uncomfortable with any treatment I will immediately tell my therapist and I understand that I can decline any portion of the evaluation or treatment at any time.

I grant permission to all therapists I may see at SNPT to using all of the techniques they know, including Soft tissue mobilization, Visceral mobilization, Joint mobilization, Myofascial Release techniques, TMJ techniques, Proprioceptive Neuromuscular Facilitation (PNF) techniques, therapeutic exercises, neuromuscular re-education techniques and any other techniques believed to benefit me until I am discharged from care. _____**(initial)**

***********I have read and fully understand the statements made on this form and agree that they apply to all treatments I receive from Sierra Nevada Physical Therapy. I know I am responsible for all services received and I agree to pay for any and all services rendered at the time of service unless previous arrangements have been made. By signing this document I agree to the conditions stated in this form********

Patient/Guardian signature: _____Date:

CHECK ALL THE STATEMENTS THAT ARE TRUE:

_____Changes in my bladder or bowels function
_____ Swelling in ankles/feet or hands
_____ Numbness or tingling in feet/legs or hands/arms
_____ Unexplainably lost or gained more than 10 pounds
_____ I have had recent internal bleeding (ulcer, intestinal, etc.)
_____ I have an implant (IUD, pacemaker, stent, other)
_____ Eating changes my symptoms
_____ Blurred vision
_____ I feel dizzy
_____ I wake with night pain
_____ I have had a recent infection
_____ I am pregnant or plan to start

MEDICAL and SURGICAL HISTORY

General
- ▫ Headaches / Migraines
- ▫ Blackouts
- ▫ Dizziness / Vertigo
- ▫ Sinus Problems
- ▫ History of Fall(s)
- ▫ Balance Disturbance
- ▫ Vision Loss
- ▫ Hearing Loss
- ▫ Memory Loss
- ▫ Insomnia

Cardiovascular / Blood
- ▫ High Blood Pressure
- ▫ Heart Attack / MI
- ▫ Heart Disease
- ▫ CHF
- ▫ Aneurysm
- ▫ Bleeding Disorder
- ▫ Blood Clots / DVT
- ▫ Anemia
- ▫ Chest Pain / Angina
- ▫ Arrhythmia
- ▫ High Cholesterol

Digestive
- ▫ IBS
- ▫ Crohn's Disease
- ▫ Celiac Disease
- ▫ GERD / Gastritis
- ▫ Ulcer
- ▫ Frequent Loose Stools
- ▫ Frequent Constipation
- ▫ Discomfort after meals
- ▫ Hiatal Hernia
- ▫ Swallowing

Musculoskeletal / Orthopedic

- ▫ Osteoarthritis
- ▫ Fractures _____
- ▫ Compression Fracture
- ▫ Stress Fracture
- ▫ Dislocation
- ▫ Inguinal Hernia
- ▫ Diastasis Recti
- ▫ Carpal Tunnel
- ▫ Thoracic Outlet Syndrome
- ▫ Spinal Stenosis
- ▫ Sciatica
- ▫ Spondylolithesis
- ▫ Herniated Disc
- ▫ TMD
- ▫ Other Ortho Injuries

_____

_____

Immune / Endocrine / Metabolic

- ▫ Diabetes Type 1 or 2 (circle)
- ▫ ▫ Low Blood Sugar
- ▫ Hepatitis A B C (circle)
- ▫ HIV/AIDS
- ▫ TB
- ▫ Cancer _____
- ▫ Thyroid Dysfunction
- ▫ Autoimmune Disease

_____

- ▫ Osteoporosis / Osteopenia
- ▫ Gout
- ▫ Rheumatoid Arthritis
- ▫ Lupus
- ▫ Fibromyalgia
- ▫ Inflammatory Condition

_____

_____

Surgical History

- ▫ CABG / Bypass Surgery
- ▫ Pacemaker / Defibrillator
- ▫ Vascular Surgery / Stents
- ▫ Abdominal Surgery
- ▫ Gastric Bypass Surgery
- ▫ Hysterectomy
- ▫ Tubal Ligation
- ▫ Laparoscopy
- ▫ Bladder Surgery
- ▫ C – Section
- ▫ Hernia Surgery
- ▫ Gall Bladder Surgery
- ▫ Orthopedic Surgery
- ▫ Back / Neck Surgery
- ▫ Plastic Surgery
- ▫ Other Surgeries

_____

_____

Nervous System

- ▫ Head / Brain Injury
- ▫ Stroke / TIA
- ▫ MS
- ▫ Peripheral Neuropathy
- ▫ Epilepsy / Seizure Disorder
- ▫ Parkinson's
- ▫ Neuromuscular Disorder
- ▫ Other Neuro disorder

_____

_____

Trauma

- ▫ Whiplash
- ▫ Motor Vehicle Accident
- ▫ Concussion
- ▫ Other Trauma

Nutritional

- ▫ Nutritional Deficiency
- ▫ Food Allergies
- ▫ Eating Disorder

Family History:

- ▫ Heart Disease
- ▫ High Blood Pressure
- ▫ Diabetes
- ▫ Cancer

Sierra Nevada Physical Therapy

Name:_____**DOB:**_____

BONES/JOINTS & AREAS OF PAIN: (Circle)

Lower Back Abdomen Wrist /Hands Elbows

Shoulders Middle back Tailbone Upper back Neck

Hips Knees Feet Pelvic Region Ribs

Plantar fasciitis Head Sciatica Carpal Tunnel

Please rate the areas that you circled on scale of 0 to 10 (with 0= no pain and 10= the worst pain imaginable/like you need to go to emergency room) and list them below.

_____

_____

_____

WHAT MAKES YOUR SYMPTOMS BETTER? (Circle)

Heating pad Ice pack Resting in bed Resting in Chair

Walking Sitting Exercise Stretching Medication

Other _____

WHAT MAKES YOUR SYMPTOMS WORSE OR WHEN ARE THEY WORSE? (Circle)

Sitting Standing Walking Getting out of bed

Morning Evening House Chores Exercise or Sports

Getting up from sitting Sexual intercourse Menses Work

Other_____

WHAT TREATMENTS HAVE YOU HAD FOR THIS PROBLEM?

Physical Therapy Acupuncture Chiropractic Massage

Medication Surgery None Other_____

What types of treatments have helped? _____

_____

What are your goals for Physical Therapy?

_____

_____

_____