

Have you had recent investigations for this problem? No X-rays Ultrasound CT Scan MRI
(Please circle as relevant)

Where were these taken? _____

Describe your main problem(s) in your own words.

On approximately what date did you first notice your problem?

What do you want to achieve as a result of treatment?

If problem is result of injury, please describe:

Please list any medications (including over the counter medications) that you are currently using.

—

—

—

Please tell us why you chose our clinic:

Past patient My doctor recommended you Yellow pages
 Word of mouth recommendation Online research Other _____

Signature

Date



CONSENT FOR PHYSIOTHERAPY EXAMINATION AND TREATMENT

This form is to certify that I consent for myself/my child under 18* to undergo physical examination, in order to help my physiotherapist determine the likely cause of the difficulties for which I/we* sought out physiotherapy services.

I also consent to participate/for my child to participate* in treatment recommended by my physiotherapist based upon his/her assessment. However, my physiotherapist shall explain to me all the risks associated with any particular treatment modality/approach, both before commencing treatment and whenever a change of treatment is undertaken. I understand that they will seek my further consent to proceed before making such changes and that by signing this consent form I do not forego my right and expectation to have any such risks associated with treatment explained to me. Nor, by signing this consent, do I give up my right to withdraw my consent for any aspect of treatment should I change my mind.

Print Name (Patient or name of Parent/Legal Guardian*) _____

Signature _____

Date _____

Print Name of Witness _____

Witness Signature _____

* Delete as appropriate



PUNCTUALITY AND APPOINTMENT CANCELLATION POLICIES

Below is an outline of the Punctuality/Appointment Cancellation Policies of the Regina Sports & Physiotherapy Clinic.

1. We request 24 hours notice of cancellation of any appointments that you are unable to attend wherever possible.
2. We reserve the right to charge a \$10.00 No Show fee for patients who do not provide adequate notice.
3. Should you miss three consecutive appointments, all further appointments will be automatically cancelled and reassigned to other patients.
4. WCB and SGI patients should be aware that we are required to report non-attendance to their respective insurers.
5. We recognize that your time is important and undertake to do everything in our power to treat you at your scheduled appointment time. In order to do that for all patients, however, this means that we may not be able to see you, or allow the full appointment time, if you arrive late for your appointment.

I acknowledge that I have read and understand the Punctuality and Cancellation Policy of the Regina Sports & Physiotherapy Clinic.

Signature

Name

Date: _____



Information Privacy Policy

Consistent with the requirements of our profession and those of The Health Information Protection Act of Saskatchewan and the Personal Information Protection and Electronic Documents Act of Canada, we acknowledge our duty and responsibility to hold in confidence your personal information gathered in the course of our professional relationship.

To ensure our accountability, we have developed this policy and trained our Staff about the policy and its implementation.

We collect and share your personal information with and from your other health care providers, insurance carriers, your employer and government agencies, where required by law to:

Provide you with Physiotherapy Services.

Obtain payment of your account.

To provide information and follow up respecting your physiotherapy services.

For quality control purposes.

We do not disclose your personal information to any third party to enable them to market their products.

Your Health Chart and information will be retained in a secure manner.

I, _____ acknowledge reviewing the privacy policy of
print name

the Regina Sports & Physiotherapy Clinic and I understand my rights of privacy with respect to my personal information.

Date: _____

Signature: _____

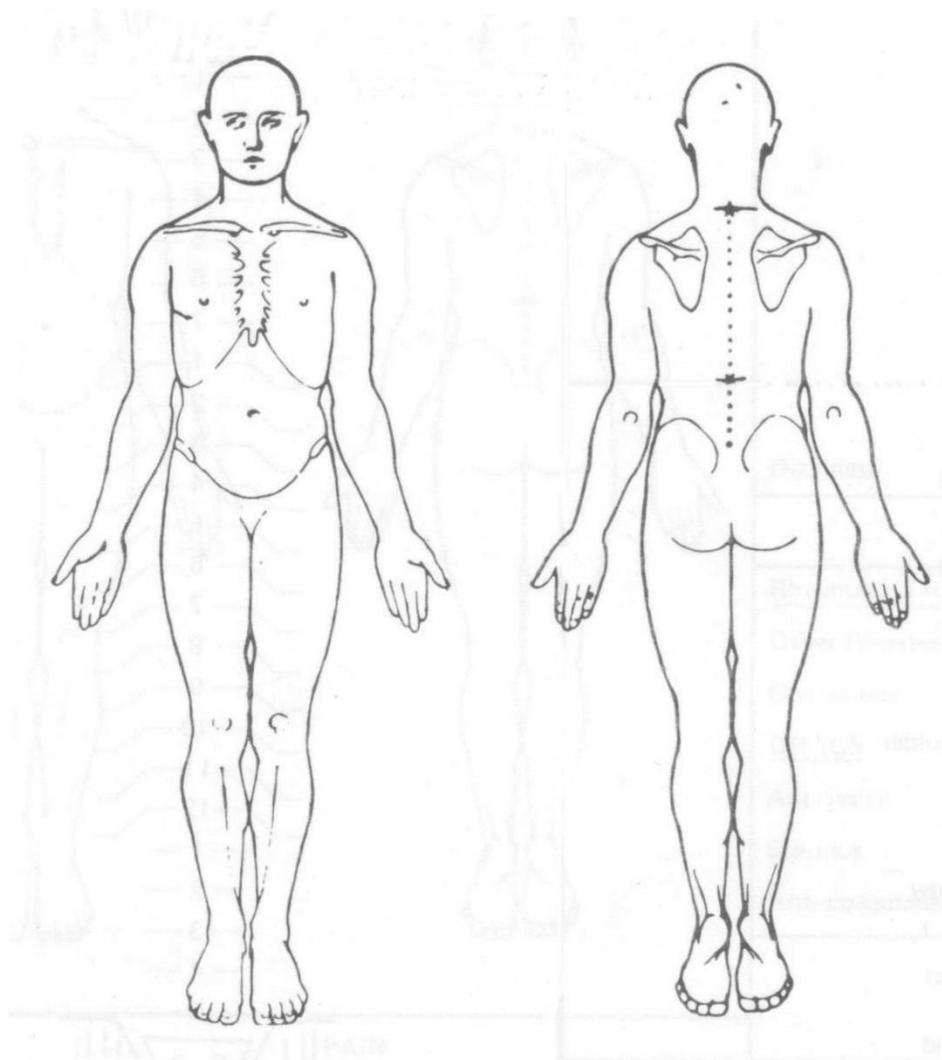
NAME _____ DATE: _____

INSTRUCTIONS

Indicate where your pain is located and what type of pain you feel at the present time. Use the symbols below to describe your pain. Do not indicate areas of pain which are not related to your present injury or condition.

KEY

/// Stabbing	XXX Burning	000 Pins and Needles	=== Numbness
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Tampa Scale-11 (TSK-11)

Name:

Date:

This is a list of phrases which other patients have used to express how they view their condition. Please circle the number that best describes how you feel about each statement.

	Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree
1. I'm afraid I might injure myself if I exercise.	1	2	3	4
2. If I were to try to overcome it, my pain would increase.	1	2	3	4
3. My body is telling me I have something dangerously wrong-	1	2	3	4
4. People aren't taking my medical condition serious enough.	1	2	3	4
5. My accident/problem has put my body at risk for the rest of my life-	1	2	3	4
6. Pain always means I have injured my body.	1	2	3	4
7. Simply being careful that I do not make any unnecessary movements is the safest thing I can do to prevent my pain from worsening.	1	2	3	4
8. I wouldn't have this much pain if there wasn't something potentially dangerous going on in my body.	1	2	3	4
9. Pain lets me know when to stop exercising so that I don't injure myself.	1	2	3	4
10. I can't do all the things normal people do because it's too easy for me to get injured.	1	2	3	4
11. No one should have to exercise when he/she is in pain.	1	2	3	4

Source: Woby et al- (2005), Psychometric properties of the TSK-11: A shortened version of the Tampa Scale for Kinesiophobia. Pain, 117, 137-144.

REGINA SPORTS &

PHYSIOTHERAPY

CLINIC

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NAME: _____ DATE: _____

ROLAND MORRIS QUESTIONNAIRE

When your back hurts, you may find it difficult to do some of the things you normally do. This list contains some sentences that people have used to describe themselves when they have back pain. When you read them, you may find that some stand out because they describe you today. As you read the list, think of yourself today. When you read a sentence that describes you today, put a circle around its number. If the sentence does not describe you, then leave the space blank and go on to the next one. Remember only circle the number of the sentence if you are sure that it describes you today.

1. I stay at home most of the time because of my back.
2. I change positions frequently to try to get my back comfortable.
3. I walk more slowly than usual because of my back.
4. Because of my back I am not doing any of the jobs that I usually do around the house.
5. Because of my back, I use a handrail to get upstairs.
6. Because of my back, I lie down to rest more often.
7. Because of my back, I have to hold on to something to get out of an easy chair.
8. Because of my back, I try to get other people to do things for me.
9. I get dressed more slowly than usual because of my back.
10. I only stand for short periods of time because of my back.
11. Because of my back, I try not to bend or kneel down.
12. I find it difficult to get out of a chair because of my back.
13. My back is painful almost all the time.
14. I find it difficult to turn over in bed because of my back.
15. My appetite is not very good because of my back pain.
16. I have trouble putting on my socks (or stockings) because of the pain in my back.
17. I only walk short distances because of my back pain.
18. I sleep less well because of my back.
19. Because of my back pain, I get dressed with help from someone else.
20. I sit down for most of the day because of my back.
21. I avoid jobs around the house because of my back.
22. Because of my back pain I am more irritable and bad-tempered with people than usual.
23. Because of my back I go up and down stairs more slowly than usual.
24. I stay in bed most of the time because of my back.

This section for P.T. use only

Score: _____

MCID 5



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INSTRUCTIONS

Please answer all of the questions below by circling either Yes or No.

- | | | |
|---|-----|----|
| 1. Do you get pain at the tip of your tailbone? | Yes | No |
| 2. Does your whole leg ever become painful? | Yes | No |
| 3. Does your whole leg ever go numb? | Yes | No |
| 4. Does your whole leg ever give way? | Yes | No |
| 5. In the past year, or since your injury, have you had any spells with very little pain? | Yes | No |

DO NOT MARK BELOW THIS LINE

Rx

Admissions