Patient Summary Form PSF-750 (Rev: 7/1/2015)			Instructions Please complete this form within the specified tim	
PSF-750 (Rev: 7/1/2015)  Patient Information			All PSF submissions should be completed online www.myoptumhealthphysicalhealth.com unless of wise instructed.	
	O Fem		Please review the Plan Summary for more inform	nation.
Patient name Last First	MI U Male	Patient da	e of birth	
Patient address	City		State Zip code	
Patient insurance ID#	Health plan		Group number	
Referring physician (if applicable)	Date referral issued (if applicab	le)	Referral number (if applicable)	
Provider Information		-		
Name of the billing provider or facility (as it will appear on the clair	m form)	2. Federal tax ID	(TIN) of entity in box #1	
			nd OT 6 Home Care 7 ATC 8 MT 9 Other —	
Name and credentials of the individual performing the service		. 🕂 🗓		
4. Alternate name (if any) of entity in box #1	5. NPI of entity in	n box #1	6. Phone number	
7. Address of the billing provider or facility indicated in box #1		8. City	9. State 10. Zip code	
Provider Completes This Section:		Date of Su	rgery <u>Diagnosis (ICD codes</u>	
Date you want THIS			Please ensure all digits at entered accurately	re
	of Current Episode		1°	
(1) Traumati	X	Type of Surge	<del>-</del>	
Patient Type (2) Unspecification (2) Repetitive	×	(1) ACL Reconstruct (2) Rotator Cuff/Lat	Z	
(1) New to your office	o (b) Motor Vollidio	(3) Tendon Repair	·	1
2 Est'd, new injury		(4) Spinal Fusion	3°	
(3) Est'd, new episode		5 Joint Replacem	ent <b>4</b> °	T
(4) Est'd, continuing care		6 Other		
Nature of Candition	DC ONLY	·······	Correct Functional Magazira Saara	
Nature of Condition  (1) Initial onset (within last 3 months)	Anticipated CMT Level		Current Functional Measure Score	
2 Recurrent (multiple episodes of < 3 months)	98940 98942	Neck Inc	lex DASH (other FON	<u>//</u> )
(3) Chronic (continuous duration > 3 months)	98941 98943	Back Inc		,
		1		
	oms began on:		Indicate where you have pain or other sym	nptoms
(Please fill in selections completely)				
1. Briefly describe your symptoms:			DE COLO	)
			I ME AN M. M	4
2. How did your symptoms start?			1 2/12/1/ 2/1/21	1
3. Average pain intensity:			Ten Con tout	NOT
Last 24 hours: no pain 0 1 2 3	(4) (5) (6) (7) (8) (9)	) (10) worst pain	1 17/1 1-(1-1)	
Past week: no pain 0 1 2 3	4 5 6 7 8 9	) (10) worst pain	1 \0\\ \9\\	
4. How often do you experience your symp	0 0 0 0 0		BB	
1) Constantly (76%-100% of the time) (2) Frequent		Occasionally (26% - 50%	of the time) (4) Intermittently (0%-25% of the time)	
5. How much have your symptoms interfer	red with your usual daily	activities? (including	g both work outside the home and housework)	
	-^	5 Extremely	•	
6. How is your condition changing, since	care began at <i>this</i> facilit	- y?		
			e (5) A little better (6) Better (7) Much bet	tter
7. In general, would you say your overall I	9 9	<u> </u>		
(1) Excellent (2) Very good (3) Goo	- ^	5) Poor		
0 0	()		Deter	
Patient Signature: X			Date:	_



ACN Group, Inc. Use Only rev 3/27/2003

Patient Name	Date	

This questionnaire will give your provider information about how your neck condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

#### Pain Intensity

- ① I have no pain at the moment.
- The pain is very mild at the moment.
- 2 The pain comes and goes and is moderate.
- 3 The pain is fairly severe at the moment.
- 4 The pain is very severe at the moment.
- The pain is the worst imaginable at the moment.

#### Sleeping

- ① I have no trouble sleeping.
- ① My sleep is slightly disturbed (less than 1 hour sleepless).
- 2 My sleep is mildly disturbed (1-2 hours sleepless).
- 3 My sleep is moderately disturbed (2-3 hours sleepless).
- 4 My sleep is greatly disturbed (3-5 hours sleepless).
- My sleep is completely disturbed (5-7 hours sleepless).

#### Reading

- ① I can read as much as I want with no neck pain.
- ① I can read as much as I want with slight neck pain.
- 2 I can read as much as I want with moderate neck pain.
- 3 I cannot read as much as I want because of moderate neck pain.
- (4) I can hardly read at all because of severe neck pain.
- ⑤ I cannot read at all because of neck pain.

#### Concentration

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

# Personal Care (i) I can look after myse

- 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 some help but I manage most of my personal care.
- 4 I need help every day in most aspects of self care.
- (5) I do not get dressed, I wash with difficulty and stay in bed.

#### Lifting

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

#### **Driving**

- O I can drive my car without any neck pain.
- ① I can drive my car as long as I want with slight neck pain.
- ② I can drive my car as long as I want with moderate neck pain.
- 3 I cannot drive my car as long as I want because of moderate neck pain.
- I can hardly drive at all because of severe neck pain.
- ⑤ I cannot drive my car at all because of neck pain.

#### Recreation

- ① I am able to engage in all my recreation activities without neck pain.
- ① I am able to engage in all my usual recreation activities with some neck pain.
- ② I am able to engage in most but not all my usual recreation activities because of neck pain.
- 3 I am only able to engage in a few of my usual recreation activities because of neck pain.
- I can hardly do any recreation activities because of neck pain.
- ⑤ I cannot do any recreation activities at all.

#### Work

- ① I can do as much work as I want.
- ① I can only do my usual work but no more.
- ② I can only do most of my usual work but no more.
- 3 I cannot do my usual work.
- I can hardly do any work at all.
- (5) I cannot do any work at all.

#### Headaches

- ① I have no headaches at all.
- ① I have slight headaches which come infrequently.
- ② I have moderate headaches which come infrequently.
- 3 I have moderate headaches which come frequently.
- 4 I have severe headaches which come frequently.
- ⑤ I have headaches almost all the time.

Neck	
Index	
Score	



ACN Group, Inc. Use Only rev 3/27/2003

Patient Name	Date
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This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

#### Pain Intensity

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

#### Sleeping

- ① I get no pain in bed.
- ① I get pain in bed but it does not prevent me from sleeping well.
- ② Because of pain my normal sleep is reduced by less than 25%.
- 3 Because of pain my normal sleep is reduced by less than 50%.
- 4 Because of pain my normal sleep is reduced by less than 75%.
- **⑤** Pain prevents me from sleeping at all.

#### Sitting

- O I can sit in any chair as long as I like.
- ① I can only sit in my favorite chair as long as I like.
- 2 Pain prevents me from sitting more than 1 hour.
- 3 Pain prevents me from sitting more than 1/2 hour.
- Pain prevents me from sitting more than 10 minutes.
- ⑤ I avoid sitting because it increases pain immediately.

#### Standing

- ① I can stand as long as I want without pain.
- 1 have some pain while standing but it does not increase with time.
- 2 I cannot stand for longer than 1 hour without increasing pain.
- 3 I cannot stand for longer than 1/2 hour without increasing pain.
- (4) I cannot stand for longer than 10 minutes without increasing pain.
- (5) I avoid standing because it increases pain immediately.

#### Personal Care

- ① 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.
- 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 and dressing without help.

#### Lifting

- ① I can lift heavy weights without extra pain.
- 1 can lift heavy weights but it causes extra pain.
- 2 Pain prevents me from lifting heavy weights off the floor.
- 3 Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g., on a table).
- Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- ⑤ I can only lift very light weights.

#### Traveling

- ① I get no pain while traveling.
- ① I get some pain while traveling but none of my usual forms of travel make it worse.
- 2 I get extra pain while traveling but it does not cause me to seek alternate forms of travel.
- 3 I get extra pain while traveling which causes me to seek alternate forms of travel.
- Pain restricts all forms of travel except that done while lying down.
- ⑤ Pain restricts all forms of travel.

#### Social Life

- My social life is normal and gives me no extra pain.
- ① My social life is normal but increases the degree of pain.
- Pain has no significant affect on my social life apart from limiting my more energetic interests (e.g., dancing, etc).
- 3 Pain has restricted my social life and I do not go out very often.
- Pain has restricted my social life to my home.
- ⑤ I have hardly any social life because of the pain.

#### Walking

- ① I have no pain while walking.
- ① I have some pain while walking but it doesn't increase with distance.
- 2 I cannot walk more than 1 mile without increasing pain.
- 3 I cannot walk more than 1/2 mile without increasing pain.
- I cannot walk more than 1/4 mile without increasing pain.
- ⑤ I cannot walk at all without increasing pain.

#### Changing degree of pain

- 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.
- 3 My pain is neither getting better or worse.
- My pain is gradually worsening.
- My pain is rapidly worsening.

Back	
Index	
Score	

#### THE LOWER EXTREMITY FUNCTIONAL SCALE

We are interested in knowing whether you are having any difficulty at all with the activities listed below <u>because of your lower limb</u>

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.

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.

Please rate your ability to do the following activities in the last week by circling the number below the appropriate response.

		NO DIFFICULTY	MILD DIFFICULTY	MODERATE DIFFICULTY	SEVERE DIFFICULTY	UNABLE
1.	Open a tight or new jar.	1	2	3	4	5
2.	Write.	1	2	3	4	5
3.	Turn a key.	1	2	3	4	5
4.	Prepare a meal.	1	2	3	4	5
5.	Push open a heavy door.	1	2	3	4	5
6.	Place an object on a shelf above your head.	1	2	3	4	5
7.	Do heavy household chores (e.g., wash walls, wash floors).	1	2	3	4	5
8.	Garden or do yard work.	1	2	3	4	5
9.	Make a bed.	1	2	3	4	5
10.	Carry a shopping bag or briefcase.	1	2	3	4	5
11.	Carry a heavy object (over 10 lbs).	1	2	3	4	5
12.	Change a lightbulb overhead.	1	2	3	4	5
13.	Wash or blow dry your hair.	1	2	3	4	5
14.	Wash your back.	1	2	3	4	5
15.	Put on a pullover sweater.	1	2	3	4	5
16.	Use a knife to cut food.	1	2	3	4	5
17.	Recreational activities which require little effort (e.g., cardplaying, knitting, etc.).	1	2	3	4	5
18.	Recreational activities in which you take some force or impact through your arm, shoulder or hand (e.g., golf, hammering, tennis, etc.).	1	2	3	4	5
19.	Recreational activities in which you move your arm freely (e.g., playing frisbee, badminton, etc.).	1	2	3	4	5
20.	Manage transportation needs (getting from one place to another).	1	2	3	4	5
21.	Sexual activities.	1	2	3	4	5

		NOT AT ALL	CUCUTIV	MODERATELY	QUITE	FYTREAGU
		NOT AT ALL	SLIGHTLY	MODERATELY	A BIT	EXTREMELY
22.	During the past week, to what extent has your arm, shoulder or hand problem interfered with your normal social activities with family, friends, neighbours or groups? (circle number)	1	2	3	4	5
		NOT LIMITED AT ALL	SLIGHTLY LIMITED	MODERATELY LIMITED	VERY LIMITED	UNABLE
23.	During the past week, were you limited in your work or other regular daily activities as a result of your arm, shoulder or hand problem? (circle number)	1	2	3	4	5
Plea	ise rate the severity of the following symptoms in the last we	ek. <i>(circle num</i>	nber)			
	•	NONE	MILD	MODERATE	SEVERE	EXTREME
24.	Arm, shoulder or hand pain.	1	2	3	4	5
25.	Arm, shoulder or hand pain when you performed any specific activity.	1	2	3	4	5
26.	Tingling (pins and needles) in your arm, shoulder or hand.	1	2	3	4	5
27.	Weakness in your arm, shoulder or hand.	1	2	3	4	5
28.	Stiffness in your arm, shoulder or hand.	1	2	3	4	5
		NO DIFFICULTY	MILD DIFFICULTY	MODERATE DIFFICULTY	SEVERE DIFFICULTY	SO MUCH DIFFICULTY THAT I CAN'T SLEE
29.	During the past week, how much difficulty have you had sleeping because of the pain in your arm, shoulder or hand (circle number)	? 1	2	3	4	5
		STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE
30.	I feel less capable, less confident or less useful because of my arm, shoulder or hand problem. (circle number)	1	2	3	4	5

A DASH score may  $\underline{not}$  be calculated if there are greater than 3 missing items.

## THE

# DASH

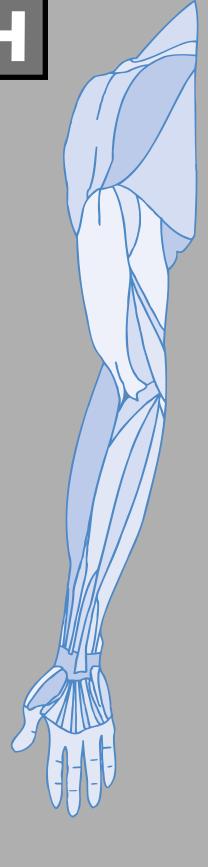
#### **INSTRUCTIONS**

This questionnaire asks about your symptoms as well as your ability to perform certain activities.

Please answer *every question*, based on your condition in the last week, by circling the appropriate number.

If you did not have the opportunity to perform an activity in the past week, please make your *best estimate* on which response would be the most accurate.

It doesn't matter which hand or arm you use to perform the activity; please answer based on your ability regardless of how you perform the task.



<b>WORK MODULE (O</b>	PTIONAL)
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The following questions ask about the impact of your arm, shoulder or hand problem on your ability to work (including homemaking if that is your main work role).

Please indicate what your job/work is:\_\_\_

☐ I do not work. (You may skip this section.)

Please circle the number that best describes your physical ability in the past week. Did you have any difficulty:

_		NO DIFFICULTY	MILD DIFFICULTY	MODERATE DIFFICULTY	SEVERE DIFFICULTY	UNABLE
1.	using your usual technique for your work?	1	2	3	4	5
2.	doing your usual work because of arm, shoulder or hand pain?	1	2	3	4	5
3.	doing your work as well as you would like?	1	2	3	4	5
4.	spending your usual amount of time doing your work?	1	2	3	4	5

#### SPORTS/PERFORMING ARTS MODULE (OPTIONAL)

The following questions relate to the impact of your arm, shoulder or hand problem on playing *your musical instrument or sport or both*.

If you play more than one sport or instrument (or play both), please answer with respect to that activity which is most important to you.

Please indicate the sport or instrument which is most important to you:\_\_

☐ I do not play a sport or an instrument. (You may skip this section.)

Please circle the number that best describes your physical ability in the past week. Did you have any difficulty:

_		NO DIFFICULTY	MILD DIFFICULTY	MODERATE DIFFICULTY	SEVERE DIFFICULTY	UNABLE
1.	using your usual technique for playing your instrument or sport?	1	2	3	4	5
2.	playing your musical instrument or sport because of arm, shoulder or hand pain?	1	2	3	4	5
3.	playing your musical instrument or sport as well as you would like?	1	2	3	4	5
4.	spending your usual amount of time practising or playing your instrument or sport?	1	2	3	4	5

**SCORING THE OPTIONAL MODULES:** Add up assigned values for each response; divide by 4 (number of items); subtract 1; multiply by 25.

An optional module score may not be calculated if there are any missing items.









## **The STarT Back Musculoskeletal Screening Tool**

Patient name: Date:										
Thinking about th	e <b>last 2 weeks</b> tic	k your response to	the following ques	itions:	<b>Disagree</b>	<b>Agree</b>				
My pain has <b>spre</b> a	d at some time in	the past 2 weeks								
In addition to my main pain, I have had <b>pain elsewhere</b> in the last 2 weeks										
In the last 2 weeks, I have only <b>walked short distances</b> because of my pain										
In the last 2 weeks, I have <b>dressed more slowly</b> than usual because of my pain										
It's really not safe for a person with a condition like mine to be physically active										
Worrying thoughts have been going through my mind a lot of the time in the last 2 weeks										
7 I feel that my pain is terrible and that it's never going to get any better										
In general in the last 2 weeks, I have <b>not enjoyed</b> all the things I used to enjoy										
9. Overall, how <b>bothersome</b> has your pain been in the last 2 weeks?  Not at all Slightly Moderately Very much Extremely  \[ \begin{array}{cccccccccccccccccccccccccccccccccccc										
	My pain has spread In addition to my read In the last 2 weeks In the last 2 weeks It's really not safe Worrying though last 2 weeks I feel that my pain In general in the last Overall, how bother	My pain has <b>spread</b> at some time in In addition to my main pain, I have In the last 2 weeks, I have only <b>wall</b> In the last 2 weeks, I have <b>dressed</b> It's really not safe for a person with <b>Worrying thoughts</b> have been going last 2 weeks I feel that <b>my pain is terrible</b> and the In general in the last 2 weeks, I have  Overall, how <b>bothersome</b> has your particular of the state of	My pain has <b>spread</b> at some time in the past 2 weeks In addition to my main pain, I have had <b>pain elsewher</b> In the last 2 weeks, I have only <b>walked short distance</b> In the last 2 weeks, I have <b>dressed more slowly</b> than u It's really not safe for a person with a condition like mi Worrying thoughts have been going through my mind last 2 weeks I feel that <b>my pain is terrible</b> and that <b>it's never going</b> In general in the last 2 weeks, I have <b>not enjoyed</b> all the Overall, how <b>bothersome</b> has your pain been in the last Not at all Slightly Moderately	My pain has <b>spread</b> at some time in the past 2 weeks  In addition to my main pain, I have had <b>pain elsewhere</b> in the last 2 week  In the last 2 weeks, I have only <b>walked short distances</b> because of my pain the last 2 weeks, I have <b>dressed more slowly</b> than usual because of my It's really not safe for a person with a condition like mine to be physically <b>Worrying thoughts</b> have been going through my mind a lot of the time is last 2 weeks  I feel that <b>my pain is terrible</b> and that <b>it's never going to get any better</b> In general in the last 2 weeks, I have <b>not enjoyed</b> all the things I used to describe the condition of the last 2 weeks.  Not at all Slightly Moderately Very much	Thinking about the last 2 weeks tick your response to the following questions:  My pain has spread at some time in the past 2 weeks  In addition to my main pain, I have had pain elsewhere in the last 2 weeks  In the last 2 weeks, I have only walked short distances because of my pain  In the last 2 weeks, I have dressed more slowly than usual because of my pain  It's really not safe for a person with a condition like mine to be physically active  Worrying thoughts have been going through my mind a lot of the time in the last 2 weeks  I feel that my pain is terrible and that it's never going to get any better  In general in the last 2 weeks, I have not enjoyed all the things I used to enjoy  Overall, how bothersome has your pain been in the last 2 weeks?  Not at all Slightly Moderately Very much Extrem	Thinking about the last 2 weeks tick your response to the following questions:    Disagree				