

NAME:	DOB: / /	AGE:	HEIGHT:	WEIGHT:
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Primary Care Physician: _____ Who referred you? / How did you find us? _____

Body Part: Right Knee Left Knee Right Hip Left Hip Are you: New Patient Follow Up New Injury

Reason for Visit: Follow Up joint replaced Discuss Surgery- Joint Replacement 2ND Opinion

HOW did this condition start? _____ WHEN did condition start? _____

WHERE IS THE PAIN LOCATED? (CIRCLE ALL THAT APPLY)

KNEE: Front, back, side(s), behind knee cap, around knee cap **HIP:** groin, side of hip, thigh, buttocks, back of leg

FREQUENCY OF PAIN: (PLEASE CIRCLE IF APPLICABLE)

CONSTANT	INTERMITTENT	PAIN AT NIGHT	PAIN WITH ACTIVITY	THE MORE YOU DO, MORE IT HURTS
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PAIN LEVEL AT REST: 0 (NO PAIN) – 10 (SEVERE PAIN) (PLEASE CIRCLE)										
0	1	2	3	4	5	6	7	8	9	10

PAIN LEVEL WITH ACTIVITY: 0 (NO PAIN) – 10 (SEVERE PAIN) (PLEASE CIRCLE)										
0	1	2	3	4	5	6	7	8	9	10

What makes pain worse? Long sitting, standing, long walks, kneeling, deep knee bend, stairs, driving, twisting, laying down.

What relieves pain? Rest, NSAID, ice, heat, Tylenol, topical, brace, injection, therapy, cane, pain medication, Nothing

PLEASE DESCRIBE SYMPTOMS: (CIRCLE ALL THAT APPLY) PLEASE DESCRIBE YOUR PAIN: (CIRCLE ALL THAT APPLY)

Swelling	Stiffness	Locking	Instability	Aching	Dull	Throbbing	Sharp	Shooting
Catching	Buckling	Popping	Grinding	Stabbing	Pulsating	Radiating	Burning	Numbing
Numbness	Tingling	Weakness	Giving Way	Tingling	Tight band	Boring	Crushing	

Have you modified activities? _____ **Can you play sports/ exercise?** _____ **Does it affect activities of daily life?** _____

Yes?	TYPE OF TREATMENT	Please place date next to treatment if applicable	Effective?
<input type="checkbox"/>	Anti-inflammatory (NSAID): Meloxicam _____ Naproxen _____ Etodolac _____ Celebrex _____ Aleve _____ <i>Date Started NSAID:</i> _____	Ibuprofen _____ Motrin _____ Naprosyn _____ Voltaren _____	Yes No
<input type="checkbox"/>	Analgesic: Tylenol _____ Tramadol _____ Narcotics _____ Topical _____	<i>Date Started:</i> _____	Yes No
<input type="checkbox"/>	Injections: Cortisone _____ Synvisc _____ Monovisc _____ Euflexxa _____ Orthovisc _____ <i>Date last injection was administered:</i> _____		Yes No
<input type="checkbox"/>	Physical Therapy: Yes / No Home Exercise program: Yes / No Water therapy: Yes / No Exercise Handout: Yes / No Routine Exercise: Yes / No Chiropractor: Yes / No <i>Date Started:</i> _____		Yes No
<input type="checkbox"/>	Brace: Unloader Brace Regular Sleeve Hinged Knee Brace		Yes No
<input type="checkbox"/>	cane / walker / wheelchair / crutches		Yes No
<input type="checkbox"/>	WEIGHTBEARING X-RAYS / MRI / CT	<input type="checkbox"/> Other: _____	

*****MANDATORY*****

Do you have an allergy to NICKEL or ANY METAL? YES / NO **Do you have an allergy to LATEX?** YES / NO
Do you have an allergy/reaction to ACRYLICS, wearing ARTIFICIAL NAILS, or DENTAL GLUE? YES / NO
Are you currently on any PRESCRIPTION BLOOD THINNERS? YES / NO if so, which one? _____
Do you have any issues in taking anti-inflammatories (NSAIDs)? YES / NO IF YES, REASON: _____

REVIEW OF SYSTEMS:	Are you currently having, or have you had problems in the past year (select all that apply):			
Constitutional	Musculoskeletal	Neurological	Skin	Gastrointestinal
Activity change	Arthralgia / Joint swelling	Balance issues / Dizziness	Abnormal color change	Acid reflux / Bloating
Appetite change	Neck pain / Back pain	Coordination issues	Dryness / Itching / Rash	Swallowing problems
Chills	Gait Issues / Vertigo	Facial asymmetry	Flushing	Abdominal pain
Chronic pain	Muscle cramps	Focal weakness	Hair change / Nail changes	Anorexia
Daytime sleepiness	Myalgia	Dysphasia	Skin lesion	Nausea / Vomiting
Diaphoresis	Stiff joints	Numbness	Wound healing issues	Bright red hematemesis

<p>1) How much pain do you have in your hip or knee?</p> <table border="0"> <thead> <tr> <th colspan="2">HIP</th> <th colspan="2">KNEE</th> </tr> </thead> <tbody> <tr> <td>R L</td> <td>No Pain</td> <td>R L</td> <td></td> </tr> <tr> <td>R L</td> <td>Slight, occasional, no compromise in activity</td> <td>R L</td> <td></td> </tr> <tr> <td>R L</td> <td>Mild, effects ordinary activity, pain after stairs or unusual activity, use Tylenol</td> <td>R L</td> <td></td> </tr> <tr> <td>R L</td> <td>Moderate, tolerable, limit activities, use of anti-inflammatory medication</td> <td>R L</td> <td></td> </tr> <tr> <td>R L</td> <td>Marked, serious limitations, continual</td> <td>R L</td> <td></td> </tr> <tr> <td>R L</td> <td>Severe or totally disabled</td> <td>R L</td> <td></td> </tr> </tbody> </table>	HIP		KNEE		R L	No Pain	R L		R L	Slight , occasional, no compromise in activity	R L		R L	Mild , effects ordinary activity, pain after stairs or unusual activity, use Tylenol	R L		R L	Moderate , tolerable, limit activities, use of anti-inflammatory medication	R L		R L	Marked , serious limitations, continual	R L		R L	Severe or totally disabled	R L		<p>2) When does your hip or knee pain bother you?</p> <table border="0"> <thead> <tr> <th colspan="2">HIP</th> <th colspan="2">KNEE</th> </tr> </thead> <tbody> <tr> <td>R L</td> <td>No Pain</td> <td>R L</td> <td></td> </tr> <tr> <td>R L</td> <td>Pain with standing</td> <td>R L</td> <td></td> </tr> <tr> <td>R L</td> <td>Pain with first steps which goes away</td> <td>R L</td> <td></td> </tr> <tr> <td>R L</td> <td>Pain only after long walks</td> <td>R L</td> <td></td> </tr> <tr> <td>R L</td> <td>Pain with all walking activity</td> <td>R L</td> <td></td> </tr> <tr> <td>R L</td> <td>Pain at all times</td> <td>R L</td> <td></td> </tr> </tbody> </table>	HIP		KNEE		R L	No Pain	R L		R L	Pain with standing	R L		R L	Pain with first steps which goes away	R L		R L	Pain only after long walks	R L		R L	Pain with all walking activity	R L		R L	Pain at all times	R L	
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9) What level of activity are you routinely doing?

- { } Bedridden or confined to a wheelchair, need assisted care
- { } Sedentary - minimum capacity for walking or other activity, low level activities of daily living (stairs, carrying, lifting, stooping)
- { } Semi-sedentary - white collar job, bench work, light housekeeping, indoor activities of daily living (stairs, carrying, lifting, stooping)
- { } Outdoor activities: occasional low stress sports, (golf, swimming, biking)
- { } Moderate manual labor.
- { } Heavy manual labor, high stress sports (racquet sports, basketball, baseball, skiing, tennis, running)

10) Do you need support when walking?
 Yes No

If yes, what kind?

- Cane
- Walker
- Unloader brace
- Wheelchair

11) I experience **PAIN** at what distance:

- 1 mile or greater
- 6-10 blocks or > 1/2 to < 1 mile
- 1-5 blocks or 1/4 to 1/2 mile
- 1 block
- Less than 1 block

12) I experience **PAIN** at what time after getting up to stand or walk:

- 31 - 60 minutes
- 11 - 30 minutes
- 2 - 10 minutes
- Less than 2 minutes

13) How do you climb up stairs? (Answer only if you are able to walk.)

- Normally Need 1 rail
- Need 2 rails Unable to climb stairs

14) How much do you limp when you don't use support?

- No limp Slight limp
- Moderate limp Severe limp

15) How difficult is it for you to put on your shoes and socks?

- No trouble
- Able, but with difficulty
- Extremely difficult
- Unable

16) How do you go down stairs?

- Normally, no rails
- Need 1 rail
- Hip or knee creates instability or balance issues

17) How does your hip or knee affect your ability to get in and out of a car?

- Do it with ease
- With difficulty
- Unable

18) How difficult is it for you to go from sitting to standing?

- Can stand up from chair without arms
- Must use arms to stand up from chair
- Unable to stand up

19) Does your hip or knee pain cause:

- Sense of grinding
- Instability or giving way
- Falls

20) Does your hip or knee interfere with your sleep cycle?

- Difficulty falling asleep
- Pain or discomfort awakens you from sleep
- No effect on sleep

21) Conditions other than current problem which impair ambulation (select all that apply).

- Back
- Foot/ankle
- Lungs
- Heart
- Neurologic (stroke, paralysis)
- Psychological
- Other

22) Activities you want to do but can't because of your hip or knee (select all that apply).

- No limits Golf Skiing
- Baseball Hiking Stairs
- Softball Jogging Stooping
- Basketball Lawn mowing Swimming
- Biking Lifting Tennis
- Carrying Sex Walking
- Gardening Skating Other

ALLERGIES

<input type="checkbox"/> NO KNOWN ALLERGIES	1.	2.
3.	4.	5.

**DO YOU HAVE A LIST OF YOUR MEDICATIONS? PLEASE WRITE "SEE ATTACHED" AND PROVIDE US WITH A COPY
MEDICATIONS –(IF YOU HAVE A LIST OF MEDICATIONS, PLEASE PROVIDE US WITH A COPY)**

<input type="checkbox"/> NO MEDICATIONS	1.	2.	3.
4.	5.	6.	7.

Pharmacy Name / crossing streets: _____ **Phone Number:** _____

PERSONAL MEDICAL HISTORY (PLEASE CIRCLE ALL THAT APPLY)

Alcoholism	Clotting disorder	Gout	Hypertension	Osteoarthritis	Symptomatic Scoliosis
Anesthetic complications	Club foot	Heart disease	Infectious Disease	Osteoporosis	
Autoimmune disease	Deep vein thrombosis	Hepatitis C	Kidney Disease	Rheumatoid Arthritis	Thyroid Disease
Cancer	Diabetes Mellitus	HIV/AIDS	Liver Disease	Smoking	Other:
Cerebral Palsy	Fractures	Hyperlipidemia	Lung Disease	Stroke	

DO YOU HAVE A LIST OF YOUR SURGERIES? PLEASE WRITE "SEE ATTACHED" AND PROVIDE US WITH A COPY

SURGICAL HISTORY / TYPE OF SURGERY AND OCCURRENCE DATE (APPROXIMATE DATE)

Ankle / Foot Surgery	Heart Surgery	Knee replacement
Bariatric Surgery	Hip Surgery / Arthroscopy	Shoulder Surgery
Carpal Tunnel Release	Hip Replacement	Spine Surgery / Spinal Fusion
Elbow / Hand / Wrist Surgery	Knee Surgery / Arthroscopy	Other

FAMILY HISTORY ARE THERE ANY ILLNESSES THAT RUN IN THE FAMILY? (PLEASE CIRCLE ALL THAT APPLY)

<input type="checkbox"/> Adopted	<input type="checkbox"/> Family history unknown	Other: _____
Anesthesia Problems	Yes No	Relation: DAD MOM SISTER BROTHER
Arthritis	Yes No	Relation: DAD MOM SISTER BROTHER
Autoimmune Disease	Yes No	Relation: DAD MOM SISTER BROTHER
Cancer	Yes No	Relation: DAD MOM SISTER BROTHER
Clotting Disorder	Yes No	Relation: DAD MOM SISTER BROTHER
Deep Vein Thrombosis	Yes No	Relation: DAD MOM SISTER BROTHER
Diabetes	Yes No	Relation: DAD MOM SISTER BROTHER
Gout	Yes No	Relation: DAD MOM SISTER BROTHER
Heart Disease	Yes No	Relation: DAD MOM SISTER BROTHER
Hepatitis	Yes No	Relation: DAD MOM SISTER BROTHER
HIV	Yes No	Relation: DAD MOM SISTER BROTHER
Hyperlipidemia	Yes No	Relation: DAD MOM SISTER BROTHER
Hypertension	Yes No	Relation: DAD MOM SISTER BROTHER
Kidney Disease	Yes No	Relation: DAD MOM SISTER BROTHER
Liver Disease	Yes No	Relation: DAD MOM SISTER BROTHER
Lung disease	Yes No	Relation: DAD MOM SISTER BROTHER
Osteoporosis	Yes No	Relation: DAD MOM SISTER BROTHER
Ovarian Cancer	Yes No	Relation: DAD MOM SISTER BROTHER
Stroke	Yes No	Relation: DAD MOM SISTER BROTHER
Thyroid disease	Yes No	Relation: DAD MOM SISTER BROTHER

SOCIAL HISTORY

Alcohol Use : Yes / Not Currently / Never How Often do you have a drink containing alcohol? Never / Monthly or less / 2-4 times a month / 2-3 times a week	Drinks/Week: _____ glasses of wine _____ Cans of beer _____ Shots of liquor _____ standard drinks or equivalent
Tobacco Use : Yes / Not Currently / Never Start Date : _____ Quit Date : _____	Types: (Select all that apply) _____ Cigarettes _____ Pipe _____ Cigars _____ E-Cigarette Packs/day _____ Years _____
Smokeless Tobacco: Yes / Not Currently / Never	Quit Date : _____ Types: _____ snuff _____ chew