

C/O: _____

PMI: _____

 Ass Sym: _____

Neuro: _____

Rad: _____
 Sens: _____

Cough/Sneeze/Def/Swallowing B&B: _____
 H/A: _____ Vis: _____

Onset: _____

Prog: _____

D P: AM pain/EMS +/-..... min
 PM pain: _____ Sleep Dist: _____

P Desc: Const. _____
 Sharp/Shooting: _____

VRS: 1 2 3 4 5 6 7 8 9 10 _____

P H: _____

P T/GP: _____

Investigations: X-RAY / MRI / CT / Bloods / Other _____
 Csp _____
 Lsp _____

A F: _____

R F: _____

© B-Pro-Active Healthcare

Family & Social History

Heart Lung Bowel Endo Hepatic/Biliary Other

M: A & W RIP@

F: A & W RIP@

Social History: M S D Sp W Children:.....

Alcohol: N/D units per week

Tobacco: N/S cigs per day

Exercise: Reg. Walk Gym Swim

Past Medical History:

Illness: _____

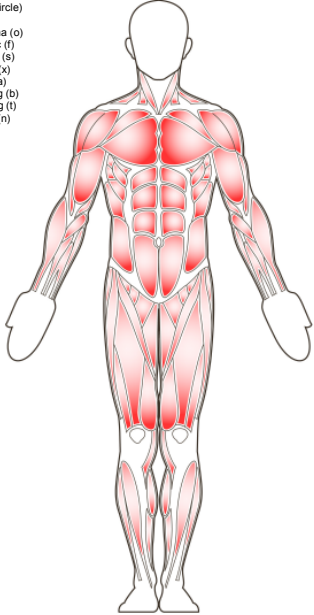
Operations: _____

Accidents: RTA _____

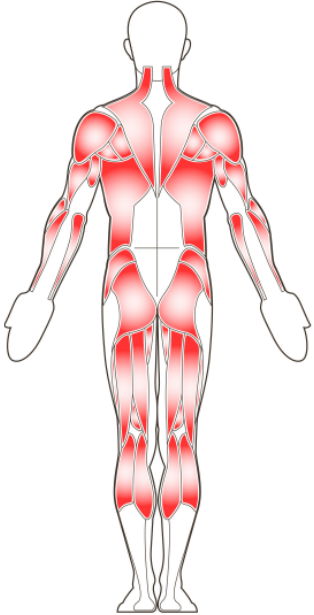
Meds: _____

Name:	Assessment Date:
Symmetry / Swelling / Scars	Posterior / Anterior Type
Static / Dynamic / Easy Normal	Endo / Meso / Ecto

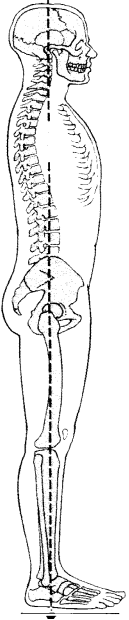
Pain (circle)
 Hot (h)
 Oedema (o)
 Fibrotic (f)
 Spasm (s)
 MFTP (x)
 Ache (a)
 Burning (b)
 Tingling (t)
 Numb (n)



Pronation - Supination

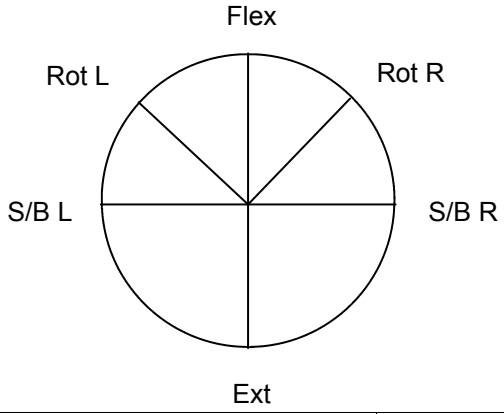


LLI mm



Lumbar Spine Gross Movement

Flex (60°) Rot (40°) S/B (30°) Ext (30°) Notes:



	Right	Left
Gossip Test:	Uncoupling L3/4	Uncoupling L3/4
Step Forward Test:	Uncoupling L5/S1	Uncoupling L5/S1

Neurological Tests

Not Done: <input type="checkbox"/>	Right	Left
Reflexes	L2 3 4	L2 3 4
Keys: Ø - 3	S1—S2	S1—S2
Power	Psoas	Psoas
Keys: Ø - 5	Quads	Quads
NT = Not Testable	Hamstrings	Hamstrings
	Gastrocs	Gastrocs
	Eversion	Eversion
	Inversion	Inversion
	Extensor HL	Extensor HL
Sensory		
Fine Touch		
Pin Prick		

Special Tests

Not Done: <input type="checkbox"/>	Right	Left
SLR / FNST	Pos @.....° Neg	Pos @.....° Neg
XSLR	Pos @.....° Neg	Pos @.....° Neg
- Ankle Dorsiflexion	Pos Neg	Pos Neg
- Head Flexion	Pos Neg	Pos Neg
- Bow String	Pos Neg	Pos Neg
Slump Test	Pos @.....° Neg	Pos @.....° Neg
Babinski	Pos Neg	Pos Neg
Quadrant Test	Pos Neg	Pos Neg
Compression	Pos Neg	
Distraction	Pos Neg	
S/B Compression	Pos Neg	
Vibration / Percussion	Pos Neg	
Hip ROM		
FABERE		