

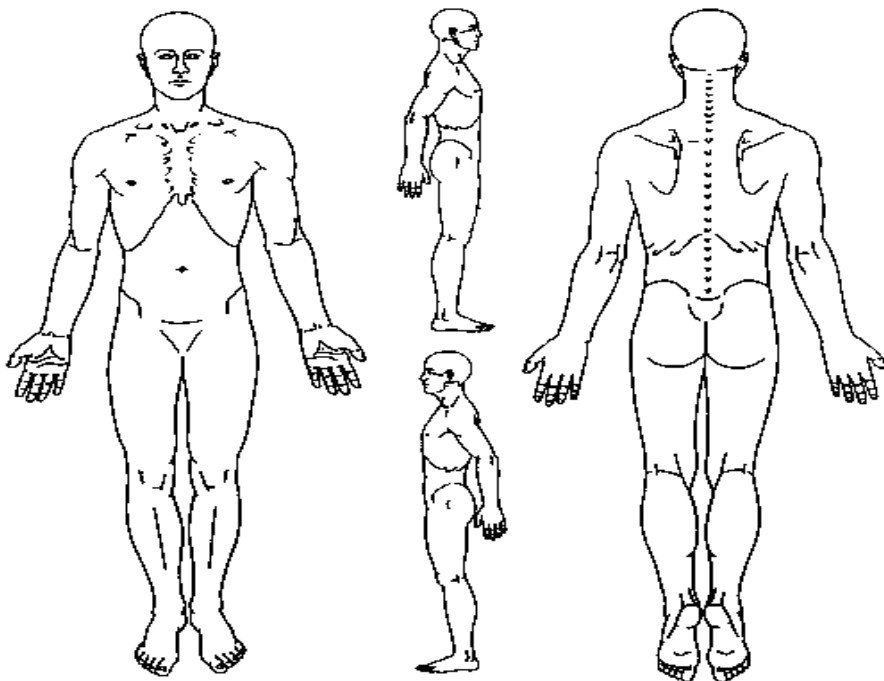


Physical Rehabilitation & Wellness

Name _____ Age _____ Date _____

How long have you had this pain ___ Years ___ Months ___ Weeks ___ Days?

Please show us where it hurts?



My pain is: _____ Constant _____ Intermittent (relieved in some positions or rest)
 _____ Occasional (daily or less frequent) _____ Infrequent (once a week or month)
 _____ Variable (sometimes worst than others) _____ No longer present

My pain is: C = CRAMPING B = BURNING E = ELECTRICAL S = SHARP D = DULL
 O = OTHER (PLEASE SPECIFY) _____

INDICATE YOUR PAIN LEVEL AT REST:

0_1_2_3_4_5_6_7_8_9_10 (0 = NO PAIN AT ALL AND 10= WORST PAIN I HAVE EVER HAD)

INDICATE YOUR PAIN LEVEL WITH ACTIVITY:

0_1_2_3_4_5_6_7_8_9_10 (0 = NO PAIN AT ALL AND 10= WORST PAIN I HAVE EVER HAD)

What makes your pain worst? _____

What makes your pain better? _____

 Patient signature/Date

 Physical Therapist signature/Date

OFFICE STAFF ONLY

DEXTERITY R L

DATE OF SUR _____

BP: _____ MM/HG

TEMP: _____ DEG

RST PUL: _____ BPM

HGT: ___ Ft ___ Inc

WGT: _____ LBS

Allergies _____

FUNCTIONAL OUTCOME SCORE

NDI _____ (CERVICAL)

UCLA _____ (SHOULDER)

DASH _____ (UPPER EXTREMITY)

FABQ SCORE _____
 (Only WC LBP/ must complete with Oswestry)

OSWESTRY _____ (LUMBAR)

OXFORD _____ (HIP OA/THR)

LYSHOLM _____ (ACL/MENISCUS)

OXFORD _____ (KNEE OA/TKR)

FADI _____ (FOOT/ANKLE)



Physical Rehabilitation & Wellness

What area/areas of your body is injured: _____

Was your injury Due to Auto accident or work related? Yes___ No__

When did you get injured or first notice the symptoms? _____

What caused or you think caused your current problem? _____

Aside from decreasing your pain, what are your goals for therapy?

**Are you currently working? __Yes Full duties __ Yes limited/light/restricted duties
__No I am not working, if no date last worked? _____**

**Treatment to date for this injury: __Physical therapy __MD/DO __Chiropractor
__Injections/Blocks __Other_____**

**Tests performed: __X-ray __ MRI __CT Scan __EMG __
Bone Scan __ Ultrasound __Other_____**

What were the results of the tests (if known) _____



Physical Rehabilitation & Wellness

- Please legibly List all of the prescription Medications that you are currently taking:

1. _____ 2. _____
3. _____ 4. _____
5. _____ 6. _____
7. _____ 8. _____

Are your symptoms: Getting worst__ the same__ Improving__

How do you learn best? Seeing___ Doing___Hearing___

- **Work Environment**

1. Occupation: _____
2. Are your duties at work limited by your symptoms? __Yes __No

- **Home Environment:**

I have to climb up and down _____ stairs at my residence
(Indicate number of steps)

- **Activities:** identify up to 3 activities that are important to you that you are unable to do or have difficulty performing due to your injury:

0= unable to perform at all

10= able to perform with no pain or limitations at all

Activity #1 _____
0 1 2 3 4 5 6 7 8 9 10

Activity #2 _____
0 1 2 3 4 5 6 7 8 9 10

Activity #3 _____
0 1 2 3 4 5 6 7 8 9 10

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By Signing below I attest that the above information above is correct and true to the best of my knowledge.

_____ Date _____

Patient Signature

Assigned Physical Therapist Signature



Physical Rehabilitation & Wellness

7575 San Felipe, #125
HOUSTON, TEXAS 77063
PH. 713-270-5900
FAX 713-270-5910

4610 SWEETWATER BLVD, #120
SUGAR LAND TEXAS 77479
PH. 281-242-5252
FAX: 281-242-5256

777 S. Fry Rd, SUITE 104
KATY, TEXAS 77450
PH: 713-270-5900
FAX: 713-270-5910

WORKERS' COMPENSATION INFORMATION

Patient Information:

Name: _____ Date of Birth: _____ () Male () Female

Address: _____ Apt. _____ City _____ State: _____ Zip: _____

Home Phone: _____ Social Security: _____

Work Phone _____ Cell Phone _____ Email: _____

Single __ Married __ Other

Employer Information:

Employer Name: _____ Contact Person: _____
(Supervisor or Insurance Case Manager)

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Emergency Contact/Phone: _____

Injury/Accident Information:

Date of Injury/accident: _____

Description of Accident: _____

W/C Insurance Information:

Insurance Company: _____ Claim Number: _____

Claims Address: _____ City: _____ Zip: _____

Phone: _____ Case Manager/Adjuster: _____

Acknowledgement and Authority

I consent to treatment as necessary or desirable to the care of the patient first named above, including but not restricted to whatever form of physical rehabilitation, functional abilities evaluation, or other diagnostic studies that may be used by the attending therapist, or his or her qualified designate. I have been informed of potential risks and benefits of treatment. I acknowledge full responsibility for the payment of such services and agree to pay them in full at the time of service, unless other arrangements are made with the financial department. I understand that insurance coverage is an arrangement between the insurance carrier and the patient. APEX Physical Rehabilitation & wellness will assist in billing my insurance company, but I am ultimately responsible for payment should my insurance fail to pay within a reasonable period of time. I authorize APEX Physical Rehabilitation & Wellness to release information required as to my insurance or third party payor (including my employer's workman's' comp carrier, if applicable), for purpose of determining benefits. I understand that such records may include information regarding HIV/AIDS testing, substance abuse, and/or mental health issues. I also authorize APEX Physical Rehabilitation & wellness to bill my insurance or third party payor, and receive payment directly from them for services rendered. This authorization shall remain valid for a period of 2 years, or until such time as I revoke it in writing. A photo copy, or faxed copy of this authorization shall be deemed as valid as the original. I also understand that my failure to attend 3 scheduled sessions, without prior notification, can result in my release from the care of Apex Physical Rehabilitation and wellness. In addition I also understand that each failure to attend will result in a cancellation of fee of \$75.00 unless a 24 hour cancellation notice is provided by me.

Signature: _____

Date: _____



Physical Rehabilitation & Wellness

PATIENT CONSENT FORM

CONSENT TO TREATMENT. Knowing that I have a condition requiring health care, I voluntarily consent to such health care, including diagnostic procedures and medical treatment ordered by my physicians. I am aware that the practice of medicine is not an exact science, and I acknowledge that no guarantees have been made to me as to the results of treatments or examinations.

JOINT NOTICE OF PRIVACY PRACTICE. I acknowledge that I received a copy of the Joint Notice of Privacy Practice and that I have had the opportunity to review it and ask questions. If I refuse to accept receipt of the Joint Notice, I acknowledge that a good faith effort was made to present me with the document and my reason for refusing to accept this section and receipt of the Joint Notice is _____

Do not write above unless refusing to accept receipt

ACCIDENTAL EXPOSURE OF HEALTH CARE WORKER. I understand that, if a health care worker is accidentally exposed to my blood or other body fluids, I will be tested for Hepatitis B, Hepatitis C, or HIV/AIDS without my specific consent. Test results will be kept confidential to the extent allowed by law.

TOBACCO-FREE ENVIRONMENT. I am aware that all Paramount health services LLC facilities are tobacco- free environments and that the use of any tobacco product, except in designated areas, is strictly prohibited.

PROHIBITION OF DRUGS, ALCOHOL, AND WEAPONS. I understand that Apex physical rehabilitation's policy prohibits the consumption, use, or possession of non-prescribed drugs (including controlled substances, such as marijuana, cocaine, or heroin), alcohol, and weapons on its property. If non-prescribed drugs, alcohol, or weapons are found, they will be confiscated, and I may be discharged immediately. Local police authorities will be notified, if appropriate.

PERSONAL ITEMS. I have been advised to leave my personal items at home and assume responsibility for any personal items that I take to my room or treatment area. I understand that paramount health services and its facilities will not be responsible for any personal items that are lost, stolen, or damaged.

FINANCIAL RESPONSIBILITY. In return for the services rendered to me by paramount health services LLC, I promise to pay paramount health services in accordance with bills or invoices presented. If I participate in a health benefit plan, I acknowledge financial responsibility in accordance with the terms of the plan for any services rendered that my plan may exclude from payment either because the plan deems such services not medically necessary or for any other reason.



Physical Rehabilitation & Wellness

(Check all that apply)

ASSIGNMENT OF BENEFITS. I assign to Paramount health services LLC all benefits payable to me under my insurance policies and health benefit plans.

MEDICARE ASSIGNMENT. I certify that the information given by me in applying for Medicare benefits is correct. I request that payment of authorized benefits be made directly to Paramount health services LLC.

MEDICAID ASSIGNMENT. I certify that the information given by me in applying for Medicaid benefits is correct. I request that payment of authorized Medicaid benefits be made directly to Paramount health services LLC.

WORKERS' COMPENSATION. The Worker's Compensation Commission regulates fees and charges for medical aid, health care and medicines. For those services provided which the Commission determines not to be work related, I understand that I am financially responsible. In the event of such determination, the following insurance may be billed with benefits payable to the provider of service: _____

Name of private health insurance carrier in case claim is not covered by work comp.

REQUEST FOR "NO INFORMATION" STATUS. I request "No Information" status, which means that my name and my presence in a paramount health services will not be divulged, except for judicial Process. YES NO

THIS CONSENT IS VALID UNTIL REVOKED OR CHANGED. I CERTIFY THAT I HAVE READ THE ABOVE INFORMATION, OR THAT THE INFORMATION HAS BEEN READ OR TRANSLATED TO ME, AND THAT I UNDERSTAND MY RIGHTS AND OBLIGATIONS AS A PATIENT AT PARAMOUNT HEALTH SERVICES.

Signature of Patient (or Patient's Representative) _____ Date _____

Verbal Consent given
(Only if the patient is incapable Of signing)

WITNESS (ONLY IF INCAPABLE OF SIGNING)

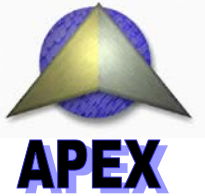
* If the patient is incapable of signing or gives verbal consent, please state why:

Minor (any unmarried individual who has not reached age 18 or is not otherwise emancipated).

Physically Impaired

Cognitively Impaired

Other _____ Relationship of signer to patient: _____



Physical Rehabilitation & Wellness

Notice of Privacy Practices

THIS NOTICE DESCRIBES HOW PROTECTED MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GAIN ACCESS TO THIS INFORMATION. PLEASE REVIEW CAREFULLY.

1) This practice is permitted to make uses and disclosures of protected health information for treatment, Payment and health care operations, as described in the following examples:

a) For treatment - consultation, lab work, pharmacy, x-ray, etc. b) For payment - claim filing, collection payment due, etc. c) For health care operations - chart maintenance, regulatory requirements, accounting, HIPAA compliance activities, etc.

2) This practice is permitted or required, under specific circumstances, to use or disclose protected health information without the individual's written authorization. Other uses and disclosures will be made only with the individual's written authorization, and the individual may revoke such authorization.

3) This practice may engage in the following activities: a) this practice may contact the individual or other immediate adult family members to provide appointment reminders or information about treatment alternatives or other health-related benefits and services that may be of interest to the individual or patient.

4) The individual has the following rights regarding protected health information: a) the right to request restrictions on certain uses and disclosures of protected health information. This practice is not required to agree to a requested restriction, however. b) the right to receive confidential communications of protected health information, as applicable. c) the right to inspect and copy protected health information, as provided in the Privacy Regulation d) the right to amend protected health information, as provided in the Privacy Regulation. e) the right to receive an accounting of disclosures of protected health information. f) the right to obtain a paper copy of the Notice from the covered entity upon request. This right extends to an individual who has agreed to receive the Notice electronically.

This practice is required by law to maintain the privacy of protected health information and to provide individuals with notice of its legal duties and Privacy practices with respect to protected health information. This practice is required to abide by the terms of the Notice currently in effect. This practice reserves the right to change the terms of this Notice. The new Notice provisions will be effective for all protected health information that it maintains. The practice will provide individuals or patients with a revised Notice as requested. Individuals may complain to this practice, and to the Secretary of the Department of Health and Human Services, without fear of retaliation by the organization, if they believe their privacy rights have been violated. Complaints may be submitted in writing to paramount health services LLC DbA Apex Physical therapy & Fitness 7575 San Felipe #125, Houston, TX, 77063. This Practice's Contact for matters relating to complaints is: Jim Marzouki @ 713 270 5900 or you may contact: **OFFICE FOR CIVIL RIGHTS (OCR) @ (214) 767-4056 FAX (214) 767-8940, US DEPT OF HEALTH & HUMAN SERVICES, 1301 YOUNG ST., STE 1169 , DALLAS , TX 75202.** This notice is first in effect on April 14, 2003. This practice can elect to limit the uses or disclosure that it is permitted to make by law.

Individuals Signature

Date



Physical Rehabilitation & Wellness

Clinic and Attendance Policy

Welcome! We would like to take this opportunity to welcome you to Apex Physical Rehab & Wellness and to thank you for choosing our organization for your physical rehab & Wellness needs. We are constantly striving to make our offices more efficient and to provide the best possible service to you. In an effort to do so we ask that you help us with the following:

- In order to receive the maximum benefit from your rehabilitation program, it is of utmost importance that you attend all of your therapy appointments and follow the home exercise instructions. Appointments are given on the hour (Ex: 0900 am, 1000am, 1100am etc.). Patients who are more than 15 minutes late may have to wait until the next available time slot. If you will be late or need to change your appointment please contact the front desk of the facility that has you scheduled; be aware that changes are subject to availability. **Treatment time is limited to a maximum of 1 hour, in most cases, from the time you are brought back to the treatment area. Please respect the next patient's/therapist's appointment time and depart at completion of treatment. Refrain from using cell phones/recording devices during treatment.**
- We request that you notify us if you are unable to keep your appointment. In such case please notify the receptionist 24 hours prior to you scheduled appointment. **Failure to attend an appointment will result in a \$75.00 fee. You may reschedule any scheduled appointment time on the same date, subject to availability, without a penalty. Failure to attend 3 scheduled sessions, without prior notice, can result in release from our care with notification sent to you and your physician. In addition patients, covered by workers' compensation, that fail to attend appointments will have their claims adjuster and treating physician notified and may have their case sent for review or denial.**
- It is your responsibility to schedule your appointments at least one week in advance; in fact we encourage you to schedule your entire treatment in advance if you can.
- Your appointments can be on any day of the week just not 3 days in a row.
- **Please do not ask any of the staff about the conditions of other patients being treated as it violates ethical and privacy standards.**
- Please advise the receptionist of other physician appointments to avoid a schedule conflict. If scheduling due to work is a concern we can provide your employer with a note specifying the days and the times that you will be attending therapy.
- Medical records are available upon request. Please allow 24-48 hours for processing. **The patient in person must pick up the records only at the Memorial clinic.**
- We require you to wear the appropriate attire for treatment. T-shirts sweat shirts, shorts, sweatpants and tennis shoes are preferred. Open toe sandals and high heels are not allowed.
- Any person accompanying the patient will need to wait in the designated waiting area for the sake of safety and privacy. Only patients will be allowed in the treatment area. Another adult must accompany children under the age of 10.
- **Your insurance will be billed unless other arrangements have been made. You may receive monthly statements/bills. If you have any questions please only contact our Memorial office @ 713 270 5900. The clinical staff /receptionist do not have the authority or information to answer billing/statement or financial questions.**
- Exceptions to the above policy are considered on a case-by-case basis. If you have any questions or feel that you have a special situation that requires special consideration: please contact the front office as soon as possible

I have read and understand the policies at Apex Physical Rehab and Wellness and agree to comply

_____Signature of patient or responsible party



Physical Rehabilitation & Wellness

JOB PHYSICAL DEMANDS

Name _____ Date _____

1. Do you eventually want to go back to the same job/ work for the same employer? (If no skip this form)
2. What was your occupation: _____

Questions 3-6 pertain to your work BEFORE your injury.

3. **IN YOUR OWN BEST ESTIMATE**, How much TOATL TIME do/did you spend:
Sitting ___hrs___mins Standing ___hrs___mins Walking ___hrs___mins

4. **IN YOUR OWN BEST ESTIMATE**, Which of the following activities were involved in your job? (Check what applies)

Walking	Never___ Sometimes___ All the time (means all day)___
Overhead/ Forward Reaching	Never___ Sometimes___ All the time (means all day)___
Stooping/Bending	Never___ Sometimes___ All the time (means all day)___
Kneeling/Squatting	Never___ Sometimes___ All the time (means all day)___
Crouching	Never___ Sometimes___ All the time (means all day)___
Stairs/ Ladders	Never___ Sometimes___ All the time (means all day)___
Twisting	Never___ Sometimes___ All the time (means all day)___
Lifting	Never___ Sometimes___ All the time (means all day)___

5. Did your job require any lifting or carrying? (**Only indicate what you have to lift and/or carry by yourself**)

1-10Lbs	Lifting ___ Yes ___ times per day. No ___	Carrying ___ Yes ___ times per day. No ___
11-20Lbs	Lifting ___ Yes ___ times per day. No ___	Carrying ___ Yes ___ times per day. No ___
21-50Lbs	Lifting ___ Yes ___ times per day. No ___	Carrying ___ Yes ___ times per day. No ___
51-100Lbs	Lifting ___ Yes ___ times per day. No ___	Carrying ___ Yes ___ times per day. No ___
Over 100Lbs	Lifting ___ Yes ___ times per day. No ___	Carrying ___ Yes ___ times per day. No ___
6. Did you have to push or pull on your job? ___ Yes ___ times per day No ___

By signing here I attest that the above information is true to the best of my knowledge.

APEX PHYSICAL THERAPY AND FITNESS

Functional Testing

Consent and Release From

I, the undersigned, do hereby acknowledge:

- My consent to Functional Testing, (also known as a Functional Capacity Assessment, Functional Capacity Evaluation or Functional Abilities Evaluation) consisting of the physical exercise measures as explained to me.
- My understanding that a qualified examiner trained to administer the Functional Determination of Injury will conduct the tests.
- My understanding that the test results will be used to compare my current physical abilities with the physical demands associated with my regular or modified employment/activities of daily living.
- My understanding that during and following the physical test, I may experience an increase in my symptoms, or symptoms associated with fatigue.
- My obligation to immediately inform the examiner of any pain, fatigue or discomfort that I may experience during and immediately following the testing.
- My understanding that participation in the test is voluntary and that I may interrupt the testing at any time to ask questions, request further explanation or information before continuing.
- My understanding that I can stop or delay further testing if I so desire and that testing may be terminated by the examiner upon observation of abnormal responses or safety concerns.
- My understanding that APEX PHYSICAL THERAPY AND FITNESS, an authorized agent, is an independent assessment center and is not employed by the insurance company / employer or any other facility. I authorize APEX PHYSICAL THERAPY AND FITNESS to release any information documented during the course of the evaluation to my insurer /employer. The report will become the property of the insurance company / employer and will not be released to any third party unless specified by the referral source.
- That I hereby release APEX PHYSICAL THERAPY AND FITNESS or its agents, officers and employees from any liability with respect to any injury that I may suffer during the administration of the Functional Determination of Injury except where the injury is caused by the negligence of APEX PHYSICAL THERAPY AND FITNESS, or its agent, officers and employees acting within the scope of their duties.
- My consent to the Electronic Claimant Imaging that will have the entire Functional Determination of Injury recorded, including all conversations and tests, wherever appropriate. This tape will remain the property of APEX PHYSICAL THERAPY AND FITNESS and will not be released to any third party other than to the insurance company/employer.

Patient's Signature

Signature of Witness

Date

Date