Orthopaedic Specialists of Central Arizona

Return Patient Medical History – Lower Extremity

Last Name:_____ First Name: _____ MI: _____

Date of Birth:_____ Age: _____ Primary Care Doctor:_____

Retired? Yes☐ No ☐ Occupation:_____
What are you being seen for today? _____

Have you seen a doctor for this problem before? No ☐ Yes ☐ If yes, who? _____
When did your current problem begin to cause you symptoms? _____

Did a specific injury or accident start your symptoms? No ☐ Yes ☐ Is Injury Work-Related? No ☐ Yes ☐
If Yes, when was the injury/accident and how did it occur? _____

Are you currently involved in an accident or disability litigation/legal action? No ☐ Yes ☐

Were images taken? (Xrays or MRI) No ☐ Yes ☐ If yes, where? _____

On a scale of 0 – 10, (0 meaning no pain and 10 meaning the worst pain imaginable) how severe is your pain?

Most of the time: 0 1 2 3 4 5 6 7 8 9 10
When the pain is the worst: 0 1 2 3 4 5 6 7 8 9 10
When the pain is the least: 0 1 2 3 4 5 6 7 8 9 10

Has your pain recently: ☐ Worsened ☐ Not changed ☐ Improved ☐ Gone away

Describe the type of symptoms you experience (check all that apply):

☐ Sharp/stabbing ☐ Throbbing ☐ Shooting ☐ Aching ☐ Cramping ☐ Stiffness

☐ Burning ☐ Tingling ☐Numbness

Describe when your pain occurs (check all that apply):

☐ Worse in the morning ☐ Worse during the middle of the day ☐ Worse at the end of the day

☐ Keeps or wakes me up at night ☐ Does not vary significantly during the day

Have you taken any medications for your pain?

☐ Tylenol ☐ NSAID's ☐ Narcotic pain pills ☐ Glucosamine/Chondroitin/MSM-type supplements

Have you had any prescribed treatment for your pain?

☐ Physical Therapy ☐ Cortisone injections ☐ Lubricating injections (Synvisc, Supartz, Euflexxa)

☐ Other: _____

Pain is made **worse** by (check all that apply):

☐ Walking ☐ Running ☐ Standing ☐ Climbing ☐ Going up stairs ☐ Going down stairs

☐ Bending ☐ Squatting ☐ Kneeling ☐ Sitting ☐ Driving ☐ Lying down ☐ Exercise

Pain is made **better** by (check all that apply):

☐ Walking ☐ Sitting ☐ Standing ☐ Bending ☐ Resting ☐ Lying down

☐ Heat ☐ Ice ☐ Exercise ☐ Nothing in particular makes the pain better

Please describe any limitations in your activity caused by your pain or other symptoms:

☐ Walk no more than ____ yards/miles; ☐ Sit no longer than ____ min/hours at a time

☐ Stand no longer than ___ min/hours at a time; ☐ Climbing stairs

Do you use a cane, crutches, or a walker? No ☐ Yes ☐ If yes, please circle which one.

Current medications (incl.vitamins and supplements) name, dosage, frequency (e.g. Coumadin 1mg, 1x/day):

_____

_____

Please list any medications that you are **allergic** to, and the reaction you experienced to the medication:

_____

_____

Please list all operations you have had (name and date):

_____

_____

Are you currently under the care of a Physician for any medical conditions? If yes, please explain.

_____

_____

How often do you exercise? ☐ Daily ☐ 1-2d/wk ☐ 3-4d/wk ☐ >5 d/wk
What types of exercise to you usually do? _____

Do you smoke or chew tobacco (please circle) No ☐ Yes ☐ If yes, how much and for how long?_____

Have you used tobacco in the past? No ☐ Yes ☐ If yes, when did you quit? _____

How many alcoholic beverages do you have in a day? _____ A week? _____

Have you ever used or currently use IV drugs? No ☐ Yes ☐: If yes, please explain: _____

Have you had or now have any infectious diseases such as MRSA infection, Hepatitis, Tuberculosis, HIV/AIDS?

No ☐ Yes ☐ If so, please list: _____

Review of Systems

In the **past week** have you experienced any of the following problems? Please circle all that apply:

Fever	Sore throat	Nausea/vomiting	Depression
Chills	Bloody sputum	Constipation/diarrhea	Poor sleep
Weight loss	Cough	Urination problems	Anxiety
Weight gain	Swollen glands	Kidney/bladder problems	Tremors
Night sweats	Chest pain	Sore joints	Seizures
Fatigue	Swollen feet	Muscle aches	Infections
Vision problems	Shortness of breath	Skin rash	Fainting
Hearing difficulty	Abdominal pain	New moles	Headaches
Nasal congestion	Ulcers	Dizziness	Bleeding problems

Other: _____

○ **I have had none of the above problems**

By signing below, I certify that I have understood the questions and have answered honestly and to the best of my knowledge.

Signature: _____ Date: _____

Printed Name: _____

*We, at OSCA, assure you that the above information is part of your personal and private medical record. As such, it will not be shared with anyone outside this office without your specific, written permission, except for circumstances wherein we are required to do so by law.