

**OC LIVE ACTIVE CHIROPRACTIC  
11770 WARNER AVE SUITE 117  
FOUNTAIN VALLEY, CA 92708**

**NOTICE OF DOCTOR'S LIEN**

Patient: \_\_\_\_\_

Date of Accident: \_\_\_\_\_

I do hereby authorize Franchesca Nguyen, D.C. to furnish you, my attorney, with a full report of her examination, diagnosis, treatment, prognosis, etc., of myself in regard to the accident in which I was recently involved.

I hereby authorize and direct you, my attorney, to pay directly to said doctor such sums as may be due and owing them for medical services rendered me both by reason of this accident and by reason of any other bills that are due their office and to withhold such sums from any settlement, judgment or verdict as may be necessary to adequately protect and fully compensate said doctor. And I hereby further give a lien on my case to said doctors against any and all proceeds of my settlement, judgment or verdict which may be paid to you, my attorney, or myself, as the result of the injuries for which I have been treated or injuries in connection therewith.

I fully understand that I am directly and fully responsible to said doctor for all medical bills submitted by her for service rendered me and that this agreement is made solely for said doctor's additional protection and in consideration of her awaiting payment. And I further understand that such payment is not contingent on any settlement, judgment or verdict by which I may eventually recover said fee.

I agree to promptly notify said doctor of any change or addition of attorney(s) used by me in connection with this accident, and I instruct my attorney to do the same and to promptly deliver a copy of this lien to any such substituted or added attorney(s).

Please acknowledge this letter by signing below and returning to the doctor's office. I have been advised that if my attorney does not wish to cooperate in protecting the doctors' interest, the doctor will not await payment but may declare the entire balance due and payable.

Dated: \_\_\_\_\_ Patient's Signature: \_\_\_\_\_

The undersigned being attorney of record for the above patient does hereby agree to observe all the terms of the above and agrees to withhold such sums from any settlement, judgment, or verdict, as may be necessary to adequately protect and fully compensate said doctors above named. Attorney further agrees that in the event this lien is litigated that the prevailing party will be awarded attorney fees and costs.

Dated: \_\_\_\_\_ Attorney's Signature: \_\_\_\_\_

# FINANCIAL AGREEMENT PERSONAL INJURY

We would like to take a moment to welcome you to our office and assure you that you will receive the very best of care available for your injury. In order to familiarize you with the financial policy of this office we would like to explain how your medical bills will be handled.

## Party Responsibility

If you were involved in an auto accident in your own vehicle, we will bill the medical payments portion or Personal Injury Protection portion of *your* automobile insurance policy to cover the treatment charges incurred in our office.

**Med Pay:** If you were a passenger in another vehicle, the insurance company which insures the automobile may be billed for your medical services incurred.

**PIP:** If you were a passenger in another vehicle, and you own a car which has PIP coverage, the insurance company which carries your policy will be responsible to pay your medical bills.

**3<sup>rd</sup> Party:** If another vehicle has caused the accident, we will first bill your automobile Med Pay or PIP policy for coverage PRIOR to submitting a claim to the insurance carrier of the party at fault. If we rely solely on a 3<sup>rd</sup> party settlement for payment, please understand that the insurance carrier will pay you directly upon settlement. ***By signing this form, you are agreeing to pay your balance in full within 3 days of receiving your settlement.*** x\_\_\_\_\_ (Patient's Initials)

It is also to your advantage for our office to bill your own health insurance policy for your medical services, providing your policy does not state otherwise. Any amount received above and beyond your total bill in this office will be refunded to you.

## Attorney Liens

If you hire an attorney to represent you in a law suit, it is our policy to have your attorney sign a Doctor's Lien. This will guarantee direct payment to our office for any unpaid balance upon the settlement of your law suit. We retain the right to first submit all charges to your private and/or auto insurance policy for payment. Further, this office does not discount or reduce the amount of your balance based upon the outcome of your settlement.

## Responsibility for Payment

As a courtesy to you, we will gladly submit your charges to your insurance company(ies) and/or your attorney; however, all services rendered by this office are charged directly to you, and, ultimately, you are personally responsible for payment of these charges regardless of any insurance reimbursement or settlement you may or may not receive.

## Voluntary Termination of Care

If you suspend or terminate your care at any time, your portion of all charges for professional services is immediately due and payable to this office.

We hope this answers any questions you might have concerning the financial policy of this office. Once again we welcome your to our office, and will be glad to answer any further questions that you might have.

**I have read and agree to the above.**

\_\_\_\_\_  
Patient's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Patient's Name Printed

\_\_\_\_\_  
Witness' Signature

# OC Live Active Chiropractic

11770 Warner Ave, Suite 117

Fountain Valley, CA 92708

Tel: 714.975.3188

## Informed Consent

There are risks and possible risks associated with manual therapy techniques used by doctors of chiropractic. In particular you should note:

- a) While rare, some patients may experience short term aggravation of symptoms or muscle and ligament strains or sprains as a result of manual therapy techniques. Although uncommon, rib fractures have also been known to occur following certain manual therapy procedures;
- b) There are reported cases of stroke associated with visits to medical doctors and chiropractors. Research and scientific evidence does not establish a cause and effect relationship between chiropractic treatment and the occurrence of stroke. Recent studies suggest that patients may be consulting medical doctors and chiropractors when they are in the early stages of a stroke. In essence, there is a stroke already in progress. However, you are being informed of this reported association because a stroke may cause serious neurological impairment or even death. The possibility of such injuries occurring in association with upper cervical adjustment is extremely remote;
- c) There are rare reported cases of disc injuries identified following cervical and lumbar spinal adjustment, although no scientific evidence has demonstrated such injuries are caused, or may be caused, by spinal adjustments or other chiropractic treatment;
- d) There are infrequent reported cases of burns or skin irritation in association with the use of some types of electrical therapy offered by some doctors of chiropractic.

## **Insurance**

This office will process your insurance forms upon request, and do our utmost to provide sufficient information to your carrier to obtain payment for your treatment. In some instances the insurance companies will deny or reduce payment despite our best efforts to demonstrate the necessity for care. In the event that full payment is not made, you may be responsible to make payment in full.

---

I acknowledge I have read this consent and I have discussed, or have been offered the opportunity to discuss, with my chiropractor the nature and purpose of chiropractic treatment in general, (including spinal adjustment), the treatment options and recommendations for my condition, and the contents of this Consent.

I consent to the chiropractic treatment recommended to me by my chiropractor including any recommended spinal adjustments.

I intend this consent to apply to all my present and future chiropractic care.

Patient Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

PATIENT NAME:

### ARBITRATION AGREEMENT

**Article 1: Agreement to Arbitrate:** It is understood that any dispute as to medical malpractice, that is as to whether any medical services rendered under this contract were unnecessary or unauthorized or were improperly, negligently or incompetently rendered, will be determined by submission to arbitration as provided by state and federal law, and not by a lawsuit or resort to court process, except as state and federal law provides for judicial review of arbitration proceedings. Both parties to this contract, by entering into it, are giving up their constitutional right to have any such dispute decided in a court of law before a jury, and instead are accepting the use of arbitration. Further, the parties will not have the right to participate as a member of any class of claimants, and there shall be no authority for any dispute to be decided on a class action basis. An arbitration can only decide a dispute between the parties and may not consolidate or join the claims of other persons who have similar claims.

**Article 2: All Claims Must be Arbitrated:** It is also understood that any dispute that does not relate to medical malpractice, including disputes as to whether or not a dispute is subject to arbitration, as to whether this agreement is unconscionable, and any procedural disputes, will also be determined by submission to binding arbitration. It is the intention of the parties that this agreement bind all parties as to all claims, including claims arising out of or relating to treatment or services provided by the health care provider, including any heirs or past, present or future spouse(s) of the patient in relation to all claims, including loss of consortium. This agreement is also intended to bind any children of the patient whether born or unborn at the time of the occurrence giving rise to any claim. This agreement is intended to bind the patient and the health care provider and/or other licensed health care providers, preceptors, or interns who now or in the future treat the patient while employed by, working or associated with or serving as a back-up for the health care provider, including those working at the health care provider's clinic or office or any other clinic or office whether signatories to this form or not.

All claims for monetary damages exceeding the jurisdictional limit of the small claims court against the health care provider, and/or the health care provider's associates, association, corporation, partnership, employees, agents and estate, must be arbitrated including, without limitation, claims for loss of consortium, wrongful death, emotional distress, injunctive relief, or punitive damages. This agreement is intended to create an open book account unless and until revoked.

**Article 3: Procedures and Applicable Law:** A demand for arbitration must be communicated in writing to all parties. Each party shall select an arbitrator (party arbitrator) within thirty days, and a third arbitrator (neutral arbitrator) shall be selected by the arbitrators appointed by the parties within thirty days thereafter. The neutral arbitrator shall then be the sole arbitrator and shall decide the arbitration. Each party to the arbitration shall pay such party's pro rata share of the expenses and fees of the neutral arbitrator, together with other expenses of the arbitration incurred or approved by the neutral arbitrator, not including counsel fees, witness fees, or other expenses incurred by a party for such party's own benefit. Either party shall have the absolute right to bifurcate the issues of liability and damage upon written request to the neutral arbitrator.

The parties consent to the intervention and joinder in this arbitration of any person or entity that would otherwise be a proper additional party in a court action, and upon such intervention and joinder, any existing court action against such additional person or entity shall be stayed pending arbitration. The parties agree that provisions of state and federal law, where applicable, establishing the right to introduce evidence of any amount payable as a benefit to the patient to the maximum extent permitted by law, limiting the right to recover non-economic losses, and the right to have a judgment for future damages conformed to periodic payments, shall apply to disputes within this Arbitration Agreement. The parties further agree that the Commercial Arbitration Rules of the American Arbitration Association shall govern any arbitration conducted pursuant to this Arbitration Agreement.

**Article 4: General Provision:** All claims based upon the same incident, transaction, or related circumstances shall be arbitrated in one proceeding. A claim shall be waived and forever barred if (1) on the date notice thereof is received, the claim, if asserted in a civil action, would be barred by the applicable legal statute of limitations, or (2) the claimant fails to pursue the arbitration claim in accordance with the procedures prescribed herein with reasonable diligence.

**Article 5: Revocation:** This agreement may be revoked by written notice delivered to the health care provider within 30 days of signature and, if not revoked, will govern all professional services received by the patient and all other disputes between the parties.

**Article 6: Retroactive Effect:** If patient intends this agreement to cover services rendered before the date it is signed (for example, emergency treatment), patient should initial here. \_\_\_\_\_. Effective as of the date of first professional services.

If any provision of this Arbitration Agreement is held invalid or unenforceable, the remaining provisions shall remain in full force and shall not be affected by the invalidity of any other provision. I understand that I have the right to receive a copy of this Arbitration Agreement. By my signature below, I acknowledge that I have received a copy.

**NOTICE: BY SIGNING THIS CONTRACT YOU ARE AGREEING TO HAVE ANY ISSUE OF MEDICAL MALPRACTICE DECIDED BY NEUTRAL ARBITRATION AND YOU ARE GIVING UP YOUR RIGHT TO A JURY OR COURT TRIAL. SEE ARTICLE 1 OF THIS CONTRACT.**

Patient Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**ALSO SIGN THE INFORMED CONSENT ON REVERSE SIDE**

## AUTHORIZATION FOR RELEASE OF PROTECTED HEALTH INFORMATION

I, \_\_\_\_\_, hereby authorize \_\_\_\_\_ to  
(Name of patient) (Name of person or facility which has information)

release the following health information: \_\_\_\_\_

---

To: \_\_\_\_\_  
(Name and title or facility name to receive health information)

\_\_\_\_\_ (Street address, city, state, ZIP code)      \_\_\_\_\_ (Telephone number)      \_\_\_\_\_ (Fax number)

For the following purposes: \_\_\_\_\_

---

This authorization is in effect until \_\_\_\_\_ (date or event), when it expires.

**I understand that by signing this authorization:**

- I authorize the use or disclosure of my individually identifiable health information as described above for the purpose listed.
- I have the right to withdraw permission for the release of my information. If I sign this authorization to use or disclose information, I can revoke that authorization at any time. The revocation must be made in writing and will not affect information that has already been used or disclosed.
- I have the right to receive a copy of this authorization.
- I am signing this authorization voluntarily and treatment, payment, or my eligibility for benefits will not be affected if I do not sign this authorization.
- I further understand that a person to whom records and information are disclosed pursuant to this authorization may not further use or disclose the medical information unless another authorization is obtained from me or unless such disclosure is specifically required or permitted by law.

Signed by Patient: _____	Date
Or Signed by Personal Representative: _____ On Behalf of _____ <small style="text-align: center;">Name of Patient</small>	Date

Preferred Language:  English  Vietnamese  Other: \_\_\_\_\_

**Personal Information**

Name: \_\_\_\_\_ Gender:  Male  Female  Other: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Phone Number**

Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

DOB: \_\_\_\_\_ Social Security Number: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Choose one:

Single  Married  Divorced  Widowed  Separated  Partnered

Number of children (and age if applicable): \_\_\_\_\_

Occupation: \_\_\_\_\_

Hours/Week: \_\_\_\_\_

Emergency Contact:

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Relation: \_\_\_\_\_

**Current Health Status:**

Overall Health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	0	1	2	3	4	5	6	7	8	9	10
Physical Health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	0	1	2	3	4	5	6	7	8	9	10
Mental Health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	0	1	2	3	4	5	6	7	8	9	10
Stress Levels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	0	1	2	3	4	5	6	7	8	9	10
	Poor					Ideal					

---

Exposure to toxins/pollution	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	0	1	2	3	4	5	6	7	8	9	10
	None					Heavy					

Patient Name: \_\_\_\_\_

Health Insurance Information:

Insurance Company: \_\_\_\_\_ Policy number: \_\_\_\_\_  
Policy Holder's Name: \_\_\_\_\_ Social Security #: \_\_\_\_\_  
Address: \_\_\_\_\_ Phone#: \_\_\_\_\_

Auto Insurance Information At Fault Party/Other Vehicle:

Insurance Company or Law Firm Name: \_\_\_\_\_  
Policy number: \_\_\_\_\_ Address : \_\_\_\_\_  
Phone#: \_\_\_\_\_ Adjustor Name: \_\_\_\_\_  
Claim # \_\_\_\_\_

Your Auto Insurance Information:

Insurance Company or Law Firm Name: \_\_\_\_\_  
Policy number: \_\_\_\_\_ Address : \_\_\_\_\_  
Phone#: \_\_\_\_\_ Adjustor Name: \_\_\_\_\_  
Claim # \_\_\_\_\_

Accident Information: Date \_\_\_\_\_ Time \_\_\_\_\_ AM PM

Was it reported to the police? YES \_\_\_ NO \_\_\_

Was a traffic violation issued? YES \_\_\_ NO \_\_\_ To whom? \_\_\_\_\_

Location of accident (Street, Town):  
\_\_\_\_\_

# of other passengers \_\_\_\_\_ Were there other witnesses? YES \_\_\_ NO \_\_\_

Make of Vehicle you were in \_\_\_\_\_

Model of Vehicle you were in \_\_\_\_\_

Make of Vehicle of Other Party Involved \_\_\_\_\_

Model of Vehicle of Other Party Involved \_\_\_\_\_

Please explain in detail how the accident occurred:

---

---

---

---

Please list symptoms felt immediately after the accident

---

---

---

Please describe your position at the time of impact (e.g. seated in passenger seat with my head turned)

---

---

---

Please describe if you made any contact with interior surfaces of your car at the time of impact (e.g. head hit dashboard or headrest, knee hit dashboard, head hit window etc)

---

---

---

In which direction were you headed? N S E W Approx. speed: \_\_\_\_\_

Was the other car moving or stopped? Moving \_\_\_ Stopped \_\_\_

Were you the DRIVER FRONT SEAT PASSENGER BACK SEAT PASSENGER? Circle one.

Were you wearing a seat belt? Yes \_\_\_ No \_\_\_

Was the vehicle equipped with air bags? Yes \_\_\_ No \_\_\_ Did they inflate? Yes \_\_\_ No \_\_\_

Were you taken to the Emergency Room or any other Healthcare Professional? Yes \_\_\_ No \_\_\_

Were X-rays taken? Yes \_\_\_ No \_\_\_ If yes, what was x-rayed? \_\_\_\_\_

Are you taking any medications (prescription or over-the-counter)? Yes \_\_\_ No \_\_\_

Did the accident render you unconscious? Yes \_\_\_ No \_\_\_ If yes, for how long?

Indicate the symptoms that are a result of this accident:

DIZZINESS \_\_\_ DIFFICULTY SLEEPING \_\_\_ JAW PROBLEMS \_\_\_ NAUSEA \_\_\_  
MEMORY LOSS \_\_\_ ARM/SHOULDER PAIN \_\_\_ IRRITABILITY \_\_\_ BACK PAIN \_\_\_  
HEADACHE(S) \_\_\_ NUMB HANDS/FINGERS \_\_\_ FATIGUE \_\_\_ LOW BACK PAIN \_\_\_  
BLURRED VISION \_\_\_ CHEST PAIN \_\_\_ BUZZING IN EAR \_\_\_ NECK PAIN \_\_\_ SHORT  
BREATH \_\_\_ REDUCED FEELING OR SENSATION IN HANDS OR FEET \_\_\_ SWELLING  
IN HANDS OR FEET \_\_\_ NUMBING OR BURNING PAIN \_\_\_ COLD HANDS OR FEET \_\_\_



Do you have any of the following conditions?

Infection \_\_\_ Arthritis \_\_\_ Skin Problems \_\_\_ Smoker \_\_\_ Allergies \_\_\_ Headaches \_\_\_

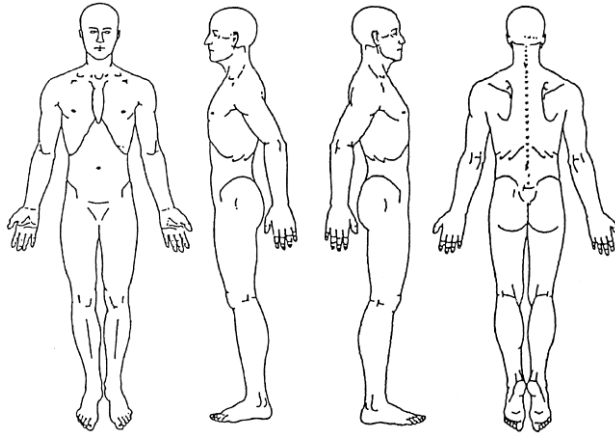
Epilepsy/Seizures \_\_\_ High Blood Pressure \_\_\_ Low Blood Pressure \_\_\_

Flu or Cold \_\_\_ Stroke \_\_\_ Heart Disease \_\_\_ Heart Attack \_\_\_

Diabetes \_\_\_ Cancer \_\_\_ Lung Disease \_\_\_ Kidney Disease \_\_\_ Varicose Veins \_\_\_

Please use the legend symbols below to accurately mark the areas in which you feel these sensations:

Stabbing/Cutting-//// Tingling-\*\*\* Burning-XXXX Cramping-^^^  
 Numbness-NNNN Dull-####



Describe the overall severity of the pain:

- Mild Nuisance     Mild to moderate, but can live with it  
 Moderate, having trouble coping with it     Severe, it is ruining my quality of life

How do the following activities affect your pain?

	No Change	Relieves	Increased	Duration
Sitting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Standing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Lying Down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Looking up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Looking Down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Lifting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

**PROGRESSION:**

How is your pain compared to when the pain episode first started?

- Much Improved     Somewhat Improved     Much Worse     Somewhat Worse     No Change

What do you do to relieve the pain? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## NECK Pain Index

Please Read: This questionnaire is designed to enable us to understand how much your neck pain has affected your ability to manage everyday activities. Please answer each Section by circling the **ONE CHOICE** that most applies to you. We realize that you may feel that more than one statement may relate to you, but Please **just circle the one choice which closely describes your problem right now.**

### SECTION 1--Pain Intensity

- 0 A. I have no pain at the moment  
1 B. The pain is mild at the moment.  
2 C. The pain comes and goes and is moderate.  
3 D. The pain is moderate and does not vary much.  
4 E. The pain is severe but comes and goes.  
5 F. The pain is severe and does not vary much.

### SECTION 2--Personal Care (Washing, Dressing etc.)

- A. I can look after myself without causing extra pain.  
B. I can look after myself normally but it causes extra pain.  
C. It is painful to look after myself and I am slow and careful.  
D. I need some help, but manage most of my personal care.  
E. I need help every day in most aspects of self-care.  
F. I do not get dressed, I wash with difficulty and stay in bed.

### SECTION 3--Lifting

- A. I can lift heavy weights without extra pain.  
B. I can lift heavy weights, but it causes extra pain.  
C. Pain prevents me from lifting heavy weights off the floor but I can if they are conveniently positioned, for example on a table.  
D. Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.  
E. I can lift very light weights.  
F. I cannot lift or carry anything at all.

### SECTION 4 --Reading

- A. I can read as much as I want to with no pain in my neck.  
B. I can read as much as I want with slight pain in my neck.  
C. I can read as much as I want with moderate pain in my neck.  
D. I cannot read as much as I want because of moderate pain in my neck.  
E. I cannot read as much as I want because of severe pain in my neck.  
F. I cannot read at all.

### SECTION 5--Headache

- A. I have no headaches at all.  
B. I have slight headaches which come infrequently.  
C. I have moderate headaches which come in-frequently.  
D. I have moderate headaches which come frequently.  
E. I have severe headaches which come frequently.  
F. I have headaches almost all the time.

### SECTION 6 -- Concentration

- A. I can concentrate fully when I want to with no difficulty.  
B. I can concentrate fully when I want to with slight difficulty.  
C. I have a fair degree of difficulty in concentrating when I want to.  
D. I have a lot of difficulty in concentrating when I want to.  
E. I have a great deal of difficulty in concentrating when I want to.  
F. I cannot concentrate at all.

### SECTION 7--Work

- A. I can do as much work as I want to.  
B. I can only do my usual work, but no more.  
C. I can do most of my usual work, but no more.  
D. I cannot do my usual work.  
E. I can hardly do any work at all.  
F. I cannot do any work at all.

### SECTION 8--Driving

- A. I can drive my car without neck pain.  
B. I can drive my car as long as I want with slight pain in my neck.  
C. I can drive my car as long as I want with moderate pain in my neck.  
D. I cannot drive my car as long as I want because of moderate pain in my neck.  
E. I can hardly drive my car at all because of severe pain in my neck.  
F. I cannot drive my car at all.

### SECTION 9--Sleeping

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

### SECTION 10--Recreation

- A. I am able engage in all recreational activities with no pain in my neck at all.  
B. I am able engage in all recreational activities with some pain in my neck.  
C. I am able engage in most, but not all recreational activities because of pain in my neck.  
D. I am able engage in a few of my usual recreational activities because of pain in my neck.  
E. I can hardly do any recreational activities because of pain in my neck.  
F. I cannot do any recreational activities all all.

PATIENT NAME: \_\_\_\_\_

[Score/(Sections completed X 5)]100

DISABILITY INDEX SCORE:      % \_\_\_\_\_

© Vernon H and Hagino C, 1991  
(with permission from Fairbank J)

# LOW BACK Pain Index

Please Read: This questionnaire is designed to enable us to understand how much your low back has affected your ability to manage everyday activities. Please answer each Section by circling the **ONE CHOICE** that most applies to you. We realize that you may feel that more than one statement may relate to you, but Please **just circle the one choice which closely describes your problem right now.**

## SECTION 1--Pain Intensity

- 0 A. The pain comes and goes and is very mild.
- 1 B. The pain is mild and does not vary much.
- 2 C. The pain comes and goes and is moderate.
- 3 D. The pain is moderate and does not vary much.
- 4 E. The pain is severe but comes and goes.
- 5 F. The pain is severe and does not vary much.

## SECTION 2--Personal Care

- A. I would not have to change my way of washing or dressing in order to avoid pain.
- B. I do not normally change my way of washing or dressing even though it causes some pain.
- C. Washing and dressing increase the pain, but I manage not to change my way of doing it.
- D. Washing and dressing increase the pain and I find it necessary to change my way of doing it.
- E. Because of the pain, I am unable to do any washing and dressing without help.
- F. Because of the pain, I am unable to do any washing or dressing and essentially remain in bed.

## SECTION 3--Lifting

- A. I can lift heavy weights without extra pain.
- B. I can lift heavy weights, but it causes extra pain.
- C. Pain prevents me from lifting heavy weights off the floor.
- D. Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, e.g. on the table.
- E. Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.
- F. I can only lift very light weights, at the most.

## SECTION 4 --Walking

- A. Pain does not prevent me from walking any distance.
- B. Pain prevents me from walking more than one mile.
- C. Pain prevents me from walking more than 1/4 mile.
- D. Pain prevents me from walking more than 100 yards.
- E. I can only walk while using a cane or on crutches.
- F. I am in bed most of the time and have to crawl to the toilet.

## SECTION 5--Sitting

- A. I can sit in any chair as long as I like without pain.
- B. I can only sit in my favorite chair as long as I like.
- C. Pain prevents me from sitting more than one hour.
- D. Pain prevents me from sitting more than 1/2 hour.
- E. Pain prevents me from sitting more than ten minutes.
- F. Pain prevents me from sitting at all.

## SECTION 6 -- Standing

- A. I can stand as long as I want without pain
- B. I have some pain while standing, but it does not increase with time.
- C. I cannot stand for longer than one hour without increasing pain.
- D. I cannot stand for longer than 1/2 hour without increasing pain.
- E. I can't stand for more than 10 minutes without increasing pain.
- F. Pain prevents me from standing at all.

## SECTION 7--Sleeping

- A. I get no pain in bed.
- B. I get pain in bed, but it does not prevent me from sleeping.
- C. Because of pain, my normal night's sleep is reduced by less than one-quarter.
- D. Because of pain, my normal night's sleep is reduced by less than one-half.
- E. Because of pain, my normal night's sleep is reduced by less than three-quarters.
- F. Pain prevents me from sleeping at all.

## SECTION 8--Social Life

- A. My social life is normal and gives me no pain.
- B. My social life is normal, but increases the degree of my pain.
- C. Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g., dancing, etc.
- D. Pain has restricted my social life and I do not go out very often.
- E. Pain has restricted my social life to my home.
- F. I have no social life due to pain.

## SECTION 9--Traveling

- A. I get no pain while traveling.
- B. I get some pain while traveling, but none of my usual forms of travel make it any worse.
- C. I get extra pain while traveling, but it does not compel me to seek alternative forms of travel.
- D. I get extra pain while traveling which compels me to seek alternative forms of travel.
- E. Pain prevents all forms of travel except that done lying down.
- F. Pain prevents all forms of travel.

## SECTION 10--Changing Degree of Pain

- A. My pain is rapidly getting better.
- B. My pain fluctuates, but overall is definitely getting better.
- C. My pain seems to be getting better, but improvement is slow at present.
- D. My pain is neither getting better nor worse.
- E. My pain is gradually worsening.
- F. My pain is rapidly worsening.

PATIENT NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

[Score/(Sections completed X 5)]100

DISABILITY INDEX SCORE: % \_\_\_\_\_