



Acupuncture



Chiropractic



Massage

Acupuncture-Chiropractic-Massage Network - Pain Management Center, Inc.
5567 Reseda Blvd Ste 101, Tarzana, CA 91356 Tel: 213-387-4710 Fax: 213-286-4811

INSTRUCTIONS COMMON TO ALL EXAM FORMS

This document considers selected features common to all the exam forms

PTP:

The name of the Primary Treating Physician is entered

PTP Diagnosis:

The PTP's ICD Diagnosis code is entered.

Mechanism of Injury:

Describe the injury; detail the movements or positions involved.

Numerical Rating: ____/10

If 0/10 is "no pain" and 10/10 is the worst pain imaginable, over the past 24 hours what has been the least and greatest pain experienced? The range is then entered (e.g., 1-4/10). If pain is always the same, only a single value is used (e.g., 5/10).

FYI: a change of significance is reflected if the rating changes by 2/10 upon re-exam

Spine Disability and Upper Extremity Functional Scale Questionnaires

Scoring these documents is addressed in a separate tutorial.

Work Status: ☐ Full Duty ☐ TPD ☐ TTD ☐ PPD ☐ PTD ☐ Retired

TPD: Temporary Partial Disability:

- Can perform some, but not all, work

TTD: Temporary Total Disability:

- Temporarily unable to perform any work

PPD: Permanent Partial Disability: Maximum Medical Improvement/Permanent & Stationary

- Has a permanent impairment that limits their ability to work or function

PTD: Permanent Total Disability: Maximum Medical Improvement/Permanent & Stationary

- MMI/P&S: Unable to return to suitable gainful employment on a permanent basis

Past & Current Treatments, Medications, Orthoses:

Note frequency of meds and dosage if known.

Orthoses = braces, supports, etc.



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Provocative Testing: *Specific ortho/neuro tests, per area, are addressed in a separate tutorial.*

Resisted Motion Muscle Pain

This concerns pain reproduced by muscle testing in one of the cardinal directions for the joint being examined. Enter the direction tested (e.g., Flexion) that reproduced pain. Pain with resisted motion suggests that a muscle is contributing to the pain. For example, pain reproduced with resisted hip flexion suggests that a muscle that flexes the hip (e.g., iliopsoas, rectus femoris, etc.) may be contributing to the pain.

Comorbidities/Prognostic Barriers

☐ **Widespread pain** ☐ **Pain Behaviors** ☐ **Work Psychosocial Factors** ☐ **Depression** ☐ **Anxiety**

Widespread pain

- Pain occurring in multiple, anatomically separated body regions

Pain Behaviors

- Guarding, bracing, grimacing, rubbing, repeated pain-related verbalizations.

Work Psychosocial Factors:

- Job dissatisfaction, perceived lack of support, interpersonal conflict, communication problems

Depression

- Loss of interest or pleasure, feelings of worthlessness/hopelessness

Anxiety

- Excessive or persistent fear, worry, apprehension, or physiological arousal