

# Restore and Heal Physical Therapy

Trade name of Usha Integrated Healing LLC



## New Patient Information Sheet

**Welcome to my practice!**  
**Please take a few minutes to provide the following information.**

Name:			Today's date:		
	Last Name	First Name			
Address:					
City / State / ZIP:					
Phone #	MOBILE		HOME		WORK
DOB:			Age:		Marital status: M S W D
Email:					
Occupation:			Employer:		
Emergency Contact	Name:		Phone:		
Primary Care Physician	Name:		Date of next visit		
Specialist Physician	Name:		Date of next visit		

How did you hear about my practice?	
Who can we thank for referring you to my practice?	

***The following is very important in our evaluation process.  
 Please fill out these forms as specifically as possible to provide us with a clear picture of your present pain and functional status.***

<b>What is the primary issue/problem that brings you in today?</b>	<p>Please shade in areas where you have pain, discomfort, or tension.</p>
<b>Secondary concern/problem?</b>	
<b>As a result, I am now having difficulty with:</b>	
<b>Are you currently experiencing pain as a result of these symptoms? If yes, what is it like?</b>	
<b>When did your symptom(s) begin? (Date):</b>	

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<p><b>Please rate your pain in the last 24-72 hours</b></p> <p>Using the "0 -10" scale where 0 is no pain and 10 is the worst possible pain.</p>	At its worst	
	At its best	
	At present	
	Night (sleeping)	

At what time of day are your symptoms the worst?	
At what time of day are your symptoms the best?	
What activities increase your pain?	
What activities decrease your pain?	

What other types of treatment have you had for this problem?											
<input type="checkbox"/>	Massage	<input type="checkbox"/>	Bodywork	<input type="checkbox"/>	Physical Therapy	<input type="checkbox"/>	Myofascial Release	<input type="checkbox"/>	Chiropractic	<input type="checkbox"/>	Surgery
Other Medical Treatment: (Please Describe)											

Check the box if you have had any of the following medical conditions?											
<input type="checkbox"/>	Diabetes	<input type="checkbox"/>	Lung disease	<input type="checkbox"/>	Weight change	<input type="checkbox"/>	Varicose veins	<input type="checkbox"/>	Neurological problems	<input type="checkbox"/>	Pregnancy
<input type="checkbox"/>	Rheumatic fever	<input type="checkbox"/>	Osteoporosis	<input type="checkbox"/>	Migraine headaches	<input type="checkbox"/>	Epilepsy / seizures	<input type="checkbox"/>	Stroke	<input type="checkbox"/>	Blackouts
<input type="checkbox"/>	Heart Murmur	<input type="checkbox"/>	Malignancy	<input type="checkbox"/>	Arthritis	<input type="checkbox"/>	Broken bones (fracture)	<input type="checkbox"/>	Metal implants	<input type="checkbox"/>	High blood pressure
<input type="checkbox"/>	Circulatory problems	<input type="checkbox"/>	Liver disease	<input type="checkbox"/>	Heart disease / pacemaker	<input type="checkbox"/>	Kidney disease	<input type="checkbox"/>	<b>Others (explain below)</b>		

List past medical history and dates of occurrence. Include surgeries, accidents and other traumas.

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List ALL medications which you are currently taking, the condition for which you are using them, the dose, and their effectiveness. (Include supplements, herbal and homeopathic remedies).			
Medication	For treatment of	Dose / Amount per day	Effectiveness

Is there a chance you may be pregnant at this time?	Yes	No
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Do you engage in regular exercise?	Yes	No
What type and how often?		
Are you able to exercise now?	Yes	No

Do you have discomfort, shortness of breath, or pain with exercise?	Yes	No
Please Describe:		
In general, your lifestyle is:	1 Active	2 
	3 Average	4 
	5 Inactive	

***If sleep is a problem, answer these questions:***

Do you have trouble falling asleep?	Yes	No	Do you find it difficult to change positions in bed?	
Is your sleep restful?	Yes	No	How many times do you wake in the night?	
Do you find it difficult to lie down?	Yes	No	How long before you fall back to sleep?	

***List all the Tasks / Activities that you have difficulty performing and your tolerance (minutes/hours). If you are no longer able to perform an activity, your tolerance would be "0".***

Task / Activity	Tolerance (minutes/hours)

I walk for		minutes before needing to rest
I stand for		minutes before needing to sit
I sit for		minutes before needing to change positions/get up
Do you have trouble getting up from a chair?	Yes	No
Do you have trouble putting on your shoes and socks?	Yes	No
Do you have difficulty climbing stairs?	Yes	No

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Please list the activities that you would like to be able to do as a result of therapy.

Task / Activity	Duration / How Often	By When
<b>Other Goals?</b>		

### Informed Consent, Privacy, and Insurance Notice

- I understand that **Restore and Heal Physical Therapy**, trade name of **Usha Integrated Healing LLC**, is committed to maintaining my privacy to the highest standards and may use or disclose my personal health information for the purposes of carrying out treatment, obtaining payment, evaluating the quality of services provided and any administrative operations related to treatment or payment.
- I hereby consent to receive care and treatment that is deemed necessary and appropriate for diagnosing or treating my physical condition.
- I understand that I retain the right to revoke this consent by notifying the practice in writing at any time.

**Insurance & Payment Notice:** Restore and Heal Physical Therapy (Usha Integrated Healing LLC) is a **100% cash-based clinic**. Payment is due at the time of service.

- I may submit a **superbill** to my insurance for **possible reimbursement**, but reimbursement is **not guaranteed**.
- I am encouraged to **contact my insurance provider before my appointment** to confirm out-of-network coverage, reimbursement rates, deductibles/coinsurance, and any documentation requirements.
- The clinic will provide a **detailed, itemized superbill** including CPT codes, dates of service, and payment amounts to assist with submission.

I hereby certify that all information I have provided is **true and accurate** to the best of my knowledge.

**Patient/Parent/Guardian Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_