



Specializing in Arthroscopic Surgery, Hand Surgery, Foot & Ankle Surgery, Spine Surgery,
Joint Reconstruction, Sports Medicine, Podiatry, Workers Compensation

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Activities of Daily Living: (ADLs) are routine activities that people tend to do every day without needing assistance. Please check all that apply from the list of activities that are being **AFFECTED** by your pain level.

- Walking - Moving around the house, store, etc.
- Climbing Stairs - Getting up and down stairs.
- Bathing - Getting into bath/shower; drying the body.
- Toileting - Sitting on and getting up from the toilet; wiping.
- Transferring bed/chair - Getting into and out of bed/chair.

Pain:

Rate the severity from 1-10 (10 being very severe) of your pain level: _____

What makes it worse? _____

What makes it better? _____

Describe the pain: _____

Do you use assistance to help with every day activities? Y or N (circle one)

If yes, which device do you use? (check all that apply)

- Cane
- Walker
- Wheelchair
- Other: _____

How long have you been using this device(s)?

- 0-3 Months
- 3-6 Months
- 6-12 Months
- 12+ Months

Patient Signature: _____ Date: _____