



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: \_\_\_\_\_