



## PATIENT INFORMATION AND CONSENT FORM

**CONSENT FOR CARE AND TREATMENT:** I hereby agree and give my consent to Foothills Sports Medicine Physical Therapy to furnish appropriate rehabilitative care and treatment, as considered necessary and in the best interest in order to attend to the physical condition. I understand that the benefits and risks to all interventions will be explained and that the patient holds the final judgment in such matters.

**If under 18, Parent/Guardian:** \_\_\_\_\_

Relationship to Patient: \_\_\_\_\_ Parent/Guardian Date of Birth: \_\_\_\_\_

**MEMBER DIRECT PAYMENT NOTIFICATION:** Arizona state constitution permits you to pay a healthcare provider for health care services directly. If you have any active health insurance coverage, please review the provider's policies regarding payment before you make any arrangements to pay directly. By signing below, I agree to have my physical therapy claims submitted to the medical insurance carrier that I have supplied.

**AUTHORIZATION TO PAY:** I hereby authorize insurance payment directly to Foothills Sports Medicine Physical Therapy, Billing Department, 15410 S. Mountain Pkwy. Suite 112, Phoenix, AZ 85044 for medical services rendered. I understand that I am financially responsible for the charges not covered by my insurance. In the event of default, I promise to pay collection costs and reasonable fees as may be required to obtain collection of this account.

**ATTENDANCE AGREEMENT:** Due to the nature of physical therapy, your progress and full recovery are dependent on both our experienced physical therapists, and your active participation and commitment to your appointments. If you need to cancel your appointment, please contact Foothills Sports Medicine at least one day prior to your appointment. If you call to cancel your appointment on the same day as your appointment or if you do not show, a \$25.00 cancellation fee will be assessed.

**WORKERS' COMPENSATION PATIENTS:** We are required to inform your Workers' Compensation Adjuster and/or Rehabilitation Manager of all missed or canceled appointments. It is also required that all missed visits be rescheduled.

**PHOTOGRAPHY/VIDEOGRAPHY AGREEMENT:** I understand that in order to protect the confidentiality of our patients, there can be no filming, going "live" via social media or taking pictures of my treatment, or that of other patients, without prior authorization from the Clinic Director.

**AUTHORIZATION TO COMMUNICATE ELECTRONICALLY:** I understand that authorized personnel (including my physical therapist) from Foothills Sports Medicine Physical Therapy may communicate with me regarding scheduling/appointments, the treatment provided, home exercise programs, educational/informative content as it relates to my condition, and general health-related content. I understand that my protected health information (PHI) will not be communicated electronically. I understand that I have the opportunity to opt-out of future communications at any time using the "unsubscribe" option on any communication via text or email

Would you like to receive appointment reminders:  Text Messag  Email

By my signature below, I certify that I have read, understand, and fully agree to each of the statements in this document:

Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

Patient/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## PATIENT MEDICAL HISTORY FORM

Patient Name: \_\_\_\_\_ Gender:  Male  Female Date: \_\_\_\_\_

Referring Physician: \_\_\_\_\_ Return Visit Date: \_\_\_\_\_

Body Part: \_\_\_\_\_ Date of Injury: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

Occupation: \_\_\_\_\_ Work Status:  FT  PT  Unemployed

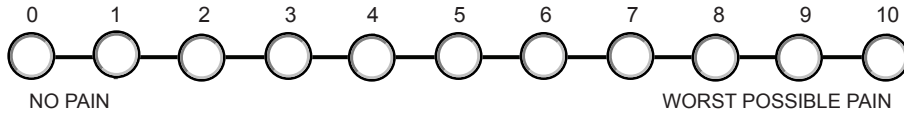
Hobbies: \_\_\_\_\_ Prior Treatment: \_\_\_\_\_

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

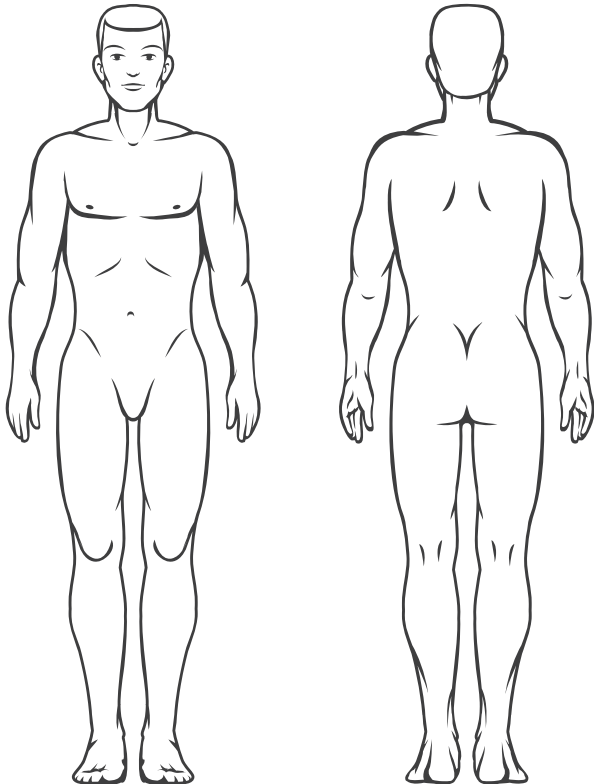
### What is the nature of the current injury?

- Work Related       Chronic/Reoccurring       Fall       MVA  
 Recreational       Lift or Carry       Insidious       Surgery

What is your pain rating in the last 24 hours? 0-10 Numeric Pain Rating Scale



Please use the diagram provided to mark where your symptoms are currently.



### Symbols to Use

- Aching:  $\Delta \Delta \Delta$       Burning: X X X  
 Stabbing: / / /      Numbness: = = =  
 Pins & Needles:  $\circ \circ \circ$       Radiates:  $\rightarrow \rightarrow \rightarrow$

My symptoms are made better by: \_\_\_\_\_

My symptoms are made worse by: \_\_\_\_\_

My symptoms are:

- Constant       Intermittent       Chronic       New

Are your work or activities of daily living limited?

- Yes       Partial       No

In addition to this paperwork, you will complete a functional outcomes scale.

# PATIENT MEDICAL HISTORY FORM (CONTINUED)

What is your goal for physical therapy? \_\_\_\_\_

How often do you exercise more than 20 minutes per day?

- 1x/wk     2x/wk     3x/wk     4x/wk     5x/wk     6x/wk     7x/wk

Do you smoke?  Yes  No

List any recent Diagnostics (*Xray, MRI, CT Scan, EEG, EMG, Injections*): \_\_\_\_\_

Do you have any allergies to latex, cold, heat or medications?  Yes  No If yes: \_\_\_\_\_

Are you on any medications?  Please see attached list provided by the patient.

\_\_\_\_\_  
\_\_\_\_\_

Are you on any blood thinners?  Yes  No INR: \_\_\_\_\_

Have you had Home Health Care or a stay with an Inpatient Facility in the last 30 days? If so, please state where:

\_\_\_\_\_

Have you been discharged?  Yes  No What was the date you were discharged from care? \_\_\_\_\_

Have you fallen in the last year?  Yes  No If yes, how many times? \_\_\_\_\_

Did you sustain an injury when you fell, and if so, please describe: \_\_\_\_\_

Under what circumstances did you fall? (e.g. location, using assistive device, transferring, etc.) \_\_\_\_\_

## Past Medical History

Have you recently noted any of the following? (*check all that apply*)

- |  |  |  |   |
|--|--|--|---|
| <input type="checkbox"/> Changes in Bowel or Bladder             | <input type="checkbox"/> Fatigue               | <input type="checkbox"/> Nausea/Vomiting               | <input type="checkbox"/> Shortness of Breath          |
| <input type="checkbox"/> Constipation                            | <input type="checkbox"/> Fever/Sweats/Chills   | <input type="checkbox"/> Numbness/Tingling             | <input type="checkbox"/> Unexplained Weight gain/loss |
| <input type="checkbox"/> Difficulty Swallowing                   | <input type="checkbox"/> Heartburn/Indigestion | <input type="checkbox"/> Pain that wakes you at night  | <input type="checkbox"/> Unexplained Cough            |
| <input type="checkbox"/> Dizziness/Lightheaded                   | <input type="checkbox"/> Incontinence          | <input type="checkbox"/> Rapid Heart Rate/Palpitations | <input type="checkbox"/> Visual Changes               |
| <input type="checkbox"/> Fainting                                | <input type="checkbox"/> Muscle Weakness       | <input type="checkbox"/> Recent Onset of Headaches     |   |
| <input type="checkbox"/> Prior surgeries. Please describe: _____ |  |  |   |

Have you ever been diagnosed with any of the following? (*check all that apply*)

- |  |   |  |   |
|--|---|--|---|
| <input type="checkbox"/> Anemia  | <input type="checkbox"/> Chest Pain or Angina   | <input type="checkbox"/> High/Low Blood Pressure                         | <input type="checkbox"/> Stroke/CVA/TIA                             |
| <input type="checkbox"/> Asthma  | <input type="checkbox"/> Chronic Headaches  | <input type="checkbox"/> Lung Disease/COPD/ARDS                          | <input type="checkbox"/> TB/HIV/Hepatitis A,B,C                     |
| <input type="checkbox"/> Back Pain ( <i>Degenerative, Stenosis, Herniation</i> ) | <input type="checkbox"/> Congestive Heart Failure/Heart Attack                            | <input type="checkbox"/> Neurological Disease ( <i>MS, Parkinson's</i> ) | <input type="checkbox"/> Thyroid Condition                          |
| <input type="checkbox"/> Bladder/Urinary/Kidney Disease                          | <input type="checkbox"/> Depression/Anxiety/Panic Disorders                               | <input type="checkbox"/> Osteoarthritis/Rheumatoid Arthritis             | <input type="checkbox"/> Vascular/Circulation Problems/ Blood Clots |
| <input type="checkbox"/> Bone/Joint infections                                   | <input type="checkbox"/> Diabetes Type I/Type II  | <input type="checkbox"/> Pneumonia                                       | <input type="checkbox"/> Visual or Hearing Impairments              |
| <input type="checkbox"/> Cancer ( <i>any</i> )                                   | <input type="checkbox"/> GI Disease ( <i>Liver, Ulcer, Hernia, Reflex, Gall Bladder</i> ) | <input type="checkbox"/> Seizures or Epilepsy                            | <input type="checkbox"/> Osteoporosis                               |

The above information I have provided is complete, true and correct to the best of my knowledge.

Patient/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## NOTICE OF PATIENT INFORMATION PRACTICES

*This notice describes how medical information about you may be used or disclosed and how you can get access to information. Please review it carefully.*

### **FOOTHILLS SPORTS MEDICINE PHYSICAL THERAPY'S LEGAL DUTY**

Foothills Sports Medicine Physical Therapy is required by law to protect the privacy of your personal health information, provide this notice about our information practices, and follow these practices that are described herein.

### **USES AND DISCLOSURES OF HEALTH INFORMATION**

Foothills Sports Medicine Physical Therapy uses your personal health information primarily for treatment; obtaining payment of treatment; conducting internal administrative activities, and evaluating the quality of care that we provide. For example, Foothills Sports Medicine Physical Therapy may use your personal health information to contact you to provide appointment reminders, or information about treatment alternatives or other health related benefits that could be of interest to you.

Foothills Sports Medicine Physical Therapy may also use or disclose your personal health information without prior authorization for public health purposes, for auditing purposes, for research studies and for emergencies. We also provide information when required by law.

In any other situation, Foothills Sports Medicine Physical Therapy's policy is to obtain your written authorization before disclosing your personal health information. If you provide us with a written authorization to release your information for any reason, you may later revoke that authorization through a written statement to stop future disclosures at any time.

Foothills Sports Medicine Physical Therapy may change its policy at any time. When changes are made, a new Notice of Information Practices will be posted in the clinic and will be provided to you on your next visit. You may also request an updated copy of our Notice of Information Practices at any time.

### **PATIENT'S INDIVIDUAL RIGHTS**

You have the right to review or obtain a copy of your personal health information at any time. You have the right to request that we correct any inaccurate information or incomplete information in your records. You also have the right to request a list of instances where we have disclosed your personal health information for reasons other than treatment, payment or other related administrative purposes.

You may also request in writing that we not use or disclose your personal health information for treatment, payment and administrative purposes except when specifically authorized by you, when required by law or in emergency circumstances. Foothills Sports Medicine Physical Therapy will consider all such requests on a case by case basis, but the practice is not legally required to accept them.

### **CONCERNS AND COMPLAINTS**

If you are concerned that Foothills Sports Medicine Physical Therapy may have violated your privacy rights or if you disagree with any decisions we have made regarding access or disclosure of your personal health information, please contact the person(s) listed below. You will not be retaliated against for filing a complaint.

Compliance Department  
15410 South Mountain Parkway, Suite 107  
Phoenix, AZ 85044  
888-402-7091

Department of Health and Human Services  
Mail, fax, email, or OCR Complaint Portal  
[www.hhs.gov/ocr/hipaa/](http://www.hhs.gov/ocr/hipaa/)

## PATIENT INFORMATION ACKNOWLEDGEMENT FORM

I have read and fully understand Foothills Sports Medicine Physical Therapy's Notice of Information Practices.

- I understand that Foothills Sports Medicine Physical Therapy 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 understand that I have the right to restrict how my personal health information is used and disclosed for treatment, payment, and administrative operations if I notify the practice.
- I also understand that Foothills Sports Medicine Physical Therapy will consider requests for restriction on a case by case basis.
- I hereby consent to the use and disclosure of my personal health information for purposes as noted in Foothills Sports Medicine Physical Therapy's Notice of Information Practices.
- I understand that I retain the right to revoke this consent by notifying the practice in writing at any time.

Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

Patient/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## DESIGNATED INDIVIDUALS AUTHORIZATION FORM

I hereby authorize one or all of the designated parties listed below to request and receive the release of any protected health information regarding my treatment, payment or administrative operations related to treatment and payment. I understand that the identity of designated parties must be verified before the release of any information.

### Authorized Designees:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

Patient/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## How did you hear of Foothills Sports Medicine Physical Therapy?

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Drive by location/signage | <input type="checkbox"/> Friend/Family/Patient      | <input type="checkbox"/> Magazine Print Ad     |
| <input type="checkbox"/> Email or Text             | <input type="checkbox"/> Google Search/Website      | <input type="checkbox"/> Referred by physician |
| <input type="checkbox"/> Employee Referred         | <input type="checkbox"/> High School ATC/Coach      | <input type="checkbox"/> Returning Patient     |
| <input type="checkbox"/> FAST                      | <input type="checkbox"/> Insurance Company/Employer | <input type="checkbox"/> Sports Club           |
| <input type="checkbox"/> Free Injury Assessment    | <input type="checkbox"/> Local Event                |  |