



DESERT INSTITUTE FOR SPINE CARE
Patient Registration

- Patient Registration
- Authorization to Discuss, Release, and/or Obtain Medical Information
- Notice to Patients
- DISC Spine Study questionnaire

1635 E. Myrtle Ave., Ste. 400, Phoenix, AZ 85020
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18700 N. 64th Dr., Ste. 105A, Glendale, AZ 85308

Tel: 602-944-2900 | Fax: 602-944-0064

www.sciatica.com

PATIENT INFORMATION

NAME (Last, First Middle)			MRN	SSN#	BIRTHDATE	LANGUAGE	SEX
LOCAL ADDRESS		CITY, STATE ZIP		REFERRING PHYSICIAN		SECONDARY/BILLING ADDRESS (if Applicable)	
HOME PHONE	DAY PHONE	EMAIL ADDRESS		PRIMARY CARE PROVIDER		CITY, STATE ZIP	
MARITAL STATUS	STUDENT STATUS <input type="checkbox"/> Full-time <input type="checkbox"/> Part-time	SMOKER (Y/N)?	VETERAN (Y/N)?	EMERGENCY CONTACT NAME		CONTACT PHONE	HOME PHONE
PRIMARY EMPLOYER				SECONDARY EMPLOYER (if Applicable)			
ADDRESS				ADDRESS			
CITY, STATE ZIP				CITY, STATE ZIP			
WORK PHONE				WORK PHONE			

RESPONSIBLE PARTY INFORMATION (if Different than above)

NAME (Last, First Middle)			SSN#	BIRTHDATE	LANGUAGE	SEX
LOCAL ADDRESS		CITY, STATE ZIP		SECONDARY/BILLING ADDRESS (if Applicable)		
HOME PHONE	DAY PHONE	EMAIL ADDRESS		CITY, STATE ZIP		
MARITAL STATUS	STUDENT STATUS <input type="checkbox"/> Full-time <input type="checkbox"/> Part-time	SMOKER (Y/N)?	VETERAN (Y/N)?	PRIMARY CARE PROVIDER		HOME PHONE
RELATIONSHIP TO PATIENT						

PRIMARY INSURANCE

NAME OF INSURANCE COMPANY			POLICY#		
NAME OF INSURED			GROUP#		
ADDRESS OF INSURANCE COMPANY			COPAY AMT \$		
CITY, STATE ZIP		PHONE	DEDUCTIBLE \$		
RELATIONSHIP TO PATIENT			EFFECTIVE DATE	EXPIRATION DATE	

SECONDARY INSURANCE (if Applicable)

NAME OF INSURANCE COMPANY			POLICY#		
NAME OF INSURED			GROUP#		
ADDRESS OF INSURANCE COMPANY			COPAY AMT \$		
CITY, STATE ZIP		PHONE	DEDUCTIBLE \$		
RELATIONSHIP TO PATIENT			EFFECTIVE DATE	EXPIRATION DATE	

I hereby authorize DISC/SPSF to **release information** required in the course of my examination or treatment to any insurance carrier that may be legally responsible or liable to reimburse or indemnify me for my healthcare expenses.

I hereby **assign and authorize insurance benefits and payment** made on my behalf to be paid directly to DISC/SPSF for any surgical and medical services provided to me. I understand that I am financially responsible for the charges not covered by my insurance or this authorization.

SIGNATURE OF PATIENT/GUARDIAN: _____ DATE: _____



1635 E. Myrtle Avenue, #400
Phoenix, AZ 85020
Tel: 602-944-2900
Fax: 602-944-0064

Authorization to Discuss, Release and/ or Obtain Medical Information

Patient Name: _____ Date of Birth: _____ Email: _____

Address: _____ Preferred Phone: _____

• I hereby authorize Desert Institute for Spine Care, PC (DISC) to call and/or leave messages on my home phone, cell phone and/or email regarding appointments, referrals, test results, medical care and financial information. I understand that each of these communications is NOT considered completely secure since someone else could access the information. If **NOT**, please list the exclusion(s): _____.

• I hereby authorize DISC to discuss my medical care with the following individuals (i.e. relatives/caregiver):
Name: _____ Relationship: _____
Name: _____ Relationship: _____

• I hereby authorize DISC to contact the following individual in case of an emergency:
Name: _____ Relationship: _____ Contact Number: (____) _____ - _____

• I hereby authorize DISC to RELEASE copies of the following medical records:
 all my medical records last year's medical records other records: _____

Release my medical records to this Individual/Institution/Physician: _____

Relationship: _____ Phone: (____) _____ - _____ Fax: (____) _____ - _____
Address: _____ City: _____ St: _____ zip: _____

***** PHYSICIAN AND CONSERVATIVE TREATMENT RECORDS ARE REQUIRED FOR SURGICAL AUTHORIZATION *****

• I hereby authorize DISC to OBTAIN the following medical records from the physician/institution(s) listed below:
 all my medical records last year's medical records other records: _____

Obtain my medical records from this Physician/P.T./Chiropractor/Institution: _____

Relationship: _____ Phone: (____) _____ - _____ Fax: (____) _____ - _____
Address: _____ City: _____ St: _____ zip: _____

I authorize DISC to send/receive confidential information as the term is defined by HIPAA (Health Insurance Portability and Accountability Act of 1996) to healthcare providers, hospitals, laboratories, and other medical caregivers in the necessary coordination of care and as authorized above. I understand DISC may not condition treatment, payment, enrollment, or eligibility for benefits on my signing this at any time, with some exceptions. For more details on when I can and cannot revoke this authorization, I can read the DISC Notice Privacy Practices. I may revoke this authorization in writing, except to the extent that we have already used/disclosed your information. I understand if this information is disclosed to a third party, the information may no longer be protected by the federal privacy regulations and may be re-disclosed by the person or organization that receives the information. You have the right to submit a written request to inspect and copy your medical records. In certain limited circumstances this request may be denied. By signing below, I hereby release DISC from all legal responsibility/liability that may arise from the act I have authorized above.

Name of Patient/Legal Representative

Signature

Date

Notice to Patients

A physician must notify a patient that the physician has a direct financial interest in a separate diagnostic or treatment agency to which the physician is referring the patient and/or in the non-routine goods or services being prescribed by the physician, and whether these are available elsewhere on a competitive basis. A.R.S. §32-1401(27)(ff). We support this law, because it helps patients make reasoned financial decisions concerning their medical care. In compliance with the requirements of this law, you are being advised we have a direct financial interest in the diagnostic or treatment agency or in the non-routine goods or services named below. Further, as indicated below, goods or services we prescribed are available elsewhere on a competitive basis.

DIAGNOSTIC OR TREATMENT AGENCY OR NON-ROUTINE GOODS AND SERVICES:

Dr. Christopher Yeung has part ownership and/or a direct financial interest in Desert Institute for Spine Care PC, Squaw Peak Surgical Facility Inc, Arizona Recovery Care Center LLC, The CORE Institute Specialty Hospital, Surgical MRI, and CKY Corporation. He makes investments, receives royalties, and/or consults in Globus Medical Inc, Bonovo Orthopedics, Plasmology 4 Inc, Lattice Biologics Ltd, Electro Core LLC, Subchondral Solutions Inc, Helia Care Inc, Elliquence, Verve Medical, Arthrex, inFormed Consent, Amplify Surgical, and Spineology.

Dr. Justin Field has part ownership and/or a direct financial interest in Desert Institute for Spine Care PC, Squaw Peak Surgical Facility Inc, Arizona Recovery Care Center LLC, The CORE Institute Specialty Hospital, SurgCenter Camelback, Arizona Specialty Hospital, and Excel Pharmacy. He makes investments, receives royalties, and/or consults in Precision Spine, RTJ Surgical, Helia Care Inc, Mobius Imaging LLC, Plasmology 4 Inc, NuVasive Inc, Additive Implants, Innovasive, Omnia Medical, and CoreLink Medical Device.

Dr. Nima Salari has part ownership and/or a direct financial interest in Desert Institute for Spine Care PC, Squaw Peak Surgical Facility Inc, Arizona Recovery Care Center LLC, Arizona Health Associates LLC, The CORE Institute Specialty Hospital, SurgCenter Pima Crossing, Arizona Specialty Hospital, Excel Pharmacy, and RxToME LLC. He makes investments, receives royalties, and/or consults in Mobius Imaging LLC, White Coat Consulting PLLC, Medacta USA Inc, Omnia Medical, Plasmology 4, Stryker Spine, Globus Medical, Helia Care Inc, DePuy Synthes, Verve Medical, Dot Technology LLC, and HOPCo.

Dr. Joshua Abrams has part ownership and/or a direct financial interest in Desert Institute for Spine Care PC, Squaw Peak Surgical Facility Inc, SurgCenter North Phoenix, Excel Pharmacy and The CORE Institute Specialty Hospital. He makes investments, receives royalties and/or consults in Design and Services Hub, Omnia Medical o 8 u and Stryker Corporation.

Dr. Mark Wang has part ownership and/or a direct financial interest in Squaw Peak Surgical Facility Inc, SurgCenter at Pima Crossing, Excel Pharmacy, and MJW Medical Consulting PLLC. He makes investments, receives royalties, and/or consults in Globus Medical Inc, Medacta USA Inc, Helia Care Inc, Amplify Medical, Verve Medical, Accelus and Xtant Medical.

ARE THESE SERVICES AVAILABLE ELSEWHERE ON A COMPETITIVE BASIS? Yes No

Services at the above listed facilities are available on a competitive basis at other hospitals where our physicians are on staff, including Scottsdale Healthcare Shea and Scottsdale Healthcare Thompson Peak. Multiple other healthcare companies offer the same equipment that may accomplish the goals of the equipment provided by the above healthcare companies listed. You are encouraged to ask any of our physicians their reasons for choosing instruments from the above listed companies, or any other instrument, in your treatment.

The law provides for the acknowledgement of your having read and understood these disclosures by dating and signing this form in the spaces provided below. We will keep the signed original in your patient file and you will receive a copy.

ACKNOWLEDGEMENT: I have read this "Notice to Patients" form, and I understand the disclosures that it contains.

Dated this _____ Day of _____, 20_____

Name of Patient/Legal Representative

Signature of Patient/Legal Representative

Desert Institute For Spine Care, PC

This questionnaire is designed to give us information about your health that will allow us to better understand and assist you.

Name: _____

Date Of Birth: _____

Referring Physician: _____

Family Physician: _____

Today's Date: _____

CURRENT HISTORY

What is the main reason for your visit today? (Check all that apply)

- Back Pain Leg Pain Neck Pain Arm Pain
- Other: _____

How long has this been a problem?

- Less than 2 Months 2-6 months 6-12 months Greater than 1 year
- Describe injury or onset of problem (Include date of injury): _____

Have you been treated by any other Care Giver for this condition? YES NO

If yes, please list: _____

What treatments have you had for this problem? (Check all that apply):

- Nothing Chiropractic Care Acupuncture Injections
- Name of Physician/Institution: _____ Phone Number: _____
- Type of treatment: _____
- Date of last treatment: _____ Percentage of relief: _____
- Physical Therapy (Please check all that apply)
 - Stretching* *Strengthening* *Traction* *Iontophoresis/Topical Steroid* *Tens*
 - Massage* *Ultrasound* *J gat/ice* *Vj erapeutic Ball*
- Name of P.T./Institution: _____ Phone Number: _____
- Last date of Physical Therapy: _____
- Medications
 - Muscle Relaxant* *Ant-Inflammatory (Prescription)*
 - Anti-Inflammatory Over the Counter (Aspirin, Tylenol, etc)*
- Other: _____

Have you had any other tests for this problem? YES NO

- X-Ray MRI Discography CT EMG CT/Myelogram Bone Scan
- Other (Please Specify): _____

Current problem is the result of a(n): Check all that apply:

- Injured at work Auto Accident Sports No apparent cause
- Other: _____

Desert Institute For Spine Care, PC

Current problem began:

- Suddenly Gradually Lifting Twisting Fall
- Bending Pulling Other _____

What makes the pain worse?

- During Exercise After Exercise Prolonged Sitting Prolonged Standing Walking
- Bending Forward Bending Backward Pushing Pulling Squatting
- Night Pain Other: _____

What reduces your pain?

- Nothing Lying down Sitting Standing Walking
- Medication Shifting/Changing positions
- Other _____

PAST MEDICAL HISTORY

SPINE Surgical History:

Date	Surgery	Complication
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Other Surgical History:

Date	Surgery	Complication
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Current or Past Medical Conditions (i.e. hypertension, cardiac disorders, diabetes, asthma etc.):

Date:	Illness or Hospitalization:
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Desert Institute For Spine Care, PC

Are you Allergic to Latex: YES NO

Medication Allergies (List and describe any allergic reaction): _____

List ALL prescribed and over-the-counter Medications you are currently taking:

	Medication	Strength	# of pills per day
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

SOCIAL HISTORY

Age: _____

Occupation: _____ Right Handed Left Handed

Are you? Single Married Divorced Widowed

Are you working? Full Time Part Time Disabled Retired Not working

What is your education level? High School College Graduate Work

What Schools attended? _____

Do you exercise? Daily Weekly Monthly Rarely Never

Type of exercise/activity? _____

Do you have children? Yes No How many? _____

Do you live alone? Yes No

Do you have lots of stairs? Yes No

Do you smoke? Yes No Packs per day _____ for _____ years.

Use other nicotine products? Yes No

Which product do you use? Chew Gum Patch Cigars Other: _____

Have you quit smoking? Yes No How long ago? _____

Drink alcohol? Daily 1-2 x/week 1-2 x/month 1-2 x/year Never

Is there any litigation pending? Lawsuit Workers Comp. Disability Claim Social Security Claim

Desert Institute For Spine Care, PC

FAMILY HISTORY

Do you have a first (parents or siblings) or second degree (all other) family history of?

Arthritis	1st <input type="checkbox"/>	2nd <input type="checkbox"/>	NO <input type="checkbox"/>	Blood clots/excessive-bleeding	1st <input type="checkbox"/>	2nd <input type="checkbox"/>	NO <input type="checkbox"/>
Hypertension	1st <input type="checkbox"/>	2nd <input type="checkbox"/>	NO <input type="checkbox"/>	Diabetes	1st <input type="checkbox"/>	2nd <input type="checkbox"/>	NO <input type="checkbox"/>
Cancer	1st <input type="checkbox"/>	2nd <input type="checkbox"/>	NO <input type="checkbox"/>	Adverse Reaction to Anesthesia	1st <input type="checkbox"/>	2nd <input type="checkbox"/>	NO <input type="checkbox"/>
Mental Health Disorders	1st <input type="checkbox"/>	2nd <input type="checkbox"/>	NO <input type="checkbox"/>	Cardiac Disorders	1st <input type="checkbox"/>	2nd <input type="checkbox"/>	NO <input type="checkbox"/>
Other _____							

REVIEW OF SYSTEMS

Are you currently or have you had problems with:

Please describe all yes answers

Skin	Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Ears, Nose, Throat	Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Cardiac/High blood pressure	Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Pacemaker	Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Defibulator	Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Lungs, (Asthma, Infection)	Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Stomach/Digestion	Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Bladder/Bowel problems	Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Hematologic/Bleeding problems	Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Diabetes	Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Cancer	Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Musculoskeletal	Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Neurological	Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Psychiatric problems	Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Reproductive/Sexual Problems	Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Fever/Chills	Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Night Sweat	Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Night Pain	Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Unexpected Weight loss	Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____

Reviewed By: _____

Date: _____

Reviewed By: _____

Date: _____

Reviewed By: _____

Date: _____

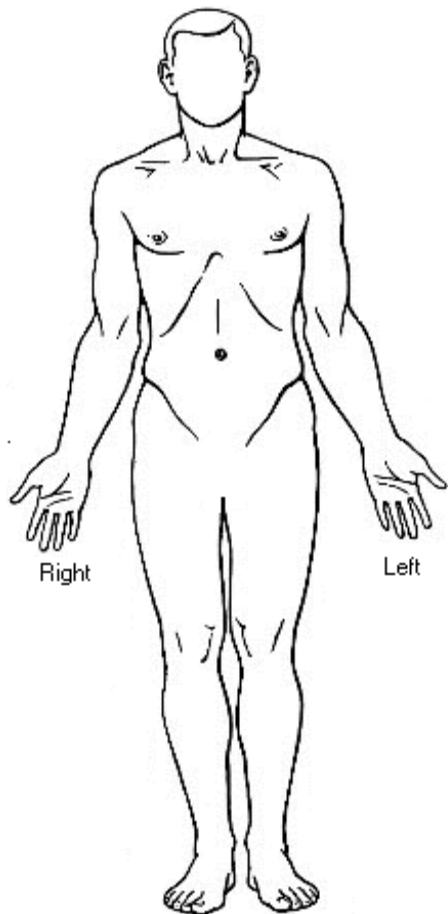
Reviewed By: _____

Date: _____

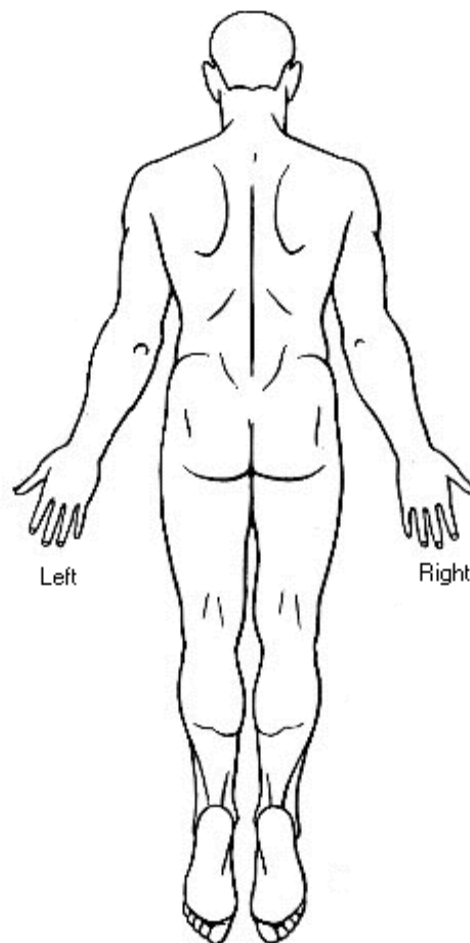
Spine Questionnaire

WHERE IS YOUR PAIN NOW? Does it go anywhere? (Describe): _____

Front



Back



Leg Pain		%
Arm Pain		%
Neck Pain		%
Back Pain		%
Total	100	%

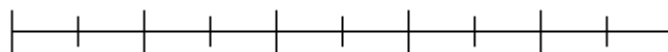
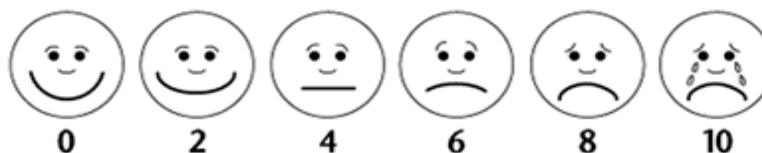
Please indicate in the above table the percentage of pain that you currently feel in your legs, arms, neck and back.

Use the body diagrams to show where you feel the following sensations.

<u>Ache</u>	<u>Numbness</u>	<u>Burning</u>	<u>Stabbing</u>
AAA	000	XXX	///
AAA	000	XXX	///
AAA	000	XXX	///
<u>Pins And Needles</u>			
≡ ≡ ≡			

Grade your overall Pain

Please place an X on the hash mark that most accurately describes your overall degree of pain now.



None Mild Moderate Severe Very Severe Worst Possible

Desert Institute For Spine Care, PC

SF-12® Health Survey

This survey asks for your views about your health. This information will help you keep track of how you feel and how well you are able to do your usual activities.

Answer every question by selecting the answer as indicated. If you are unsure about how to answer a question, please give the best answer you can.

1. In general, would you say your health is:

Excellent	Very Good	Good	Fair	Poor
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The following questions are about activities you might do during a typical day. Does your health *now* limit you in these activities? If so, how much?

2. **Moderate activities**, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf

Yes, Limited a lot	Yes, Limited a little	No, not limited at all
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Climbing several flights of stairs

During the *past 4 weeks*, have you had any of the following problems with your work or other regular daily activities as a result of your physical health?

4. Accomplished less than you would like

Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
-----	--------------------------	----	--------------------------

5. Were limited in the **kind** of work or other activities

Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
-----	--------------------------	----	--------------------------

During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?

6. **Accomplished less** than you would like.

Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
-----	--------------------------	----	--------------------------

7. Didn't do work or other activities as **carefully** as usual.

Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
-----	--------------------------	----	--------------------------

8. During the *past 4 weeks*, how much did pain interfere with your normal work (including both work outside the home and housework)?

Not at all	A little bit	Moderately	Quite a bit	Extremely
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Desert Institute For Spine Care, PC

These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling.

How much of the time during the *past 4 weeks*...

	All of the time	Most of the time	A good bit of time	Some of the time	A little of the time	None of the time
9. Have you felt calm and peaceful?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Did you have a lot of energy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Have you felt downhearted and blue?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

12. During the *past 4 weeks*, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting friends, relatives, etc.)?

All of the time	Most of the time	Some of the time	A little of the time	None of the time
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Check one of the following boxes:

Prior to Surgery

After Surgery

Could you please complete this questionnaire? It is designed to give us information as to how your spine trouble has affected your ability to manage in everyday life.

Please answer every section. Mark one box only in each section that most closely describes you Today

Section 1: Pain Intensity

- 1. I have no pain at the moment.
- 2. The pain is very mild at the moment.
- 3. The pain is moderate at the moment
- 4. The pain is fairly severe at the moment.
- 5. The pain is very severe at the moment.
- 6. The pain is the worst imaginable at the moment.

Section 6: Standing

- 1. I can stand as long as I want without extra pain.
- 2. I can stand as long as I want but it gives me extra pain.
- 3. Pain prevents me from standing for more than 1 hour.
- 4. Pain prevents me from standing for more than half an hour.
- 5. Pain prevents me from standing for more than 10 minutes.
- 6. Pain prevents me from standing at all.

Section 2: Personal Care (Washing, dressing, etc)

- 1. I can look after myself normally without causing extra pain.
- 2. I can look after myself normally but it is very painful.
- 3. It is painful to look after myself and I am slow and careful.
- 4. I need some help but manage most of my personal care
- 5. I need help every day in most aspects of self-care.
- 6. I do not get dressed, wash with difficulty, and stay in bed.

Section 7: Sleeping

- 1. My sleep is never disturbed by pain.
- 2. My sleep is occasionally disturbed by pain.
- 3. Because of pain I have less than 6 hours' sleep.
- 4. Because of pain I have less than 4 hours' sleep.
- 5. Because of pain I have less than 2 hours' sleep.
- 6. Pain prevents me from sleeping at all.

Section 3: Lifting

- 1. I can lift heavy weights without extra pain.
- 2. I can lift heavy weights but it gives extra pain
- 3. Pain prevents me from lifting heavy weights off the floor but I can manage if they are conveniently positioned, e.g., on a table.
- 4. Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently placed
- 5. I can lift only very light weights
- 6. I cannot lift or carry anything at all.

Section 8: Sex life (if applicable)

- 1. My sex life is normal and causes no extra pain.
- 2. My sex life is normal but causes some extra pain.
- 3. My sex life is nearly normal but it is very painful.
- 4. My sex life is severely restricted by pain.
- 5. My sex life is nearly absent due to pain.
- 6. Pain prevents any sex life at all.

Section 4: Walking

- 1. Pain does not prevent me from walking any distance.
- 2. Pain prevents me from walking more than 1 mile.
- 3. Pain prevents me from walking more than a quarter of a mile.
- 4. Pain prevents me walking more than 100 yards.
- 5. I can only walk using a stick or crutches.
- 6. I am in bed most of the time and have to crawl to the toilet.

Section 9: Social Life

- 1. My social life is normal and causes me no extra pain.
- 2. My social life is normal but increases the degree of pain.
- 3. Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g. sports, etc.
- 4. Pain has restricted my social life and I do not go out as often.
- 5. Pain has restricted social life to my home.
- 6. I have no social life because of pain.

Section 5: Sitting

- 1. I can sit in any chair as long as I like.
- 2. I can sit in my favorite chair as long as I like.
- 3. Pain prevents me from sitting for more than 1 hour.
- 4. Pain prevents me from sitting for more than half an hour.
- 5. Pain prevents me from sitting for more than 10 minutes.
- 6. Pain prevents me from sitting at all.

Section 10: Traveling

- 1. I can travel anywhere without pain.
- 2. I can travel anywhere but it gives extra pain.
- 3. Pain is bad but I manage journeys over 2 hours.
- 4. Pain restricts me to journeys less than 1 hour.
- 5. Pain restricts me to short necessary journeys less than 30 minutes.
- 6. Pain prevents me from traveling except to receive treatments