



521 Yopp Rd. Ste. 107, Jacksonville, NC 28540
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Employment, ADL, and Recreation Information (taken from HNS website)

Patient name _____ File # _____ Date _____

Please mark how your conditions affect the following activities:

- Mark No Effect if your condition does not affect the activity in any way.
Mark Mild if you can do the activity but it is painful.
Mark Moderate (Mod) if you are limited in the activity by the pain.
Mark Severe (Sev) if you cannot do the activity at all due to pain.

Condition's Effect On Job Performance: [] No Effect [] Mild (painful can do) [] Mod (painful limited ability)
[] Mod/Sev (limited duty) [] Sev (no limited duty) [] Sev (can't do limited duty)

Daily Activities: Effects of Current Condition on Performance

- Bending: [] No Effect [] Mild Painful (Can do) [] Mod Painful (Limited) [] Sev Unable to Perform
Care -Infirm Family: [] No Effect [] Mild Painful (Can do) [] Mod Painful (Limited) [] Sev Unable to Perform
Carrying Groceries: [] No Effect [] Mild Painful (Can do) [] Mod Painful (Limited) [] Sev Unable to Perform
Change Posn-Sit-Stand: [] No Effect [] Mild Painful (Can do) [] Mod Painful (Limited) [] Sev Unable to Perform
Climb Stairs: [] No Effect [] Mild Painful (Can do) [] Mod Painful (Limited) [] Sev Unable to Perform
Driving: [] No Effect [] Mild Painful (Can do) [] Mod Painful (Limited) [] Sev Unable to Perform
Extended Computer Use: [] No Effect [] Mild Painful (Can do) [] Mod Painful (Limited) [] Sev Unable to Perform
Feeding: [] No Effect [] Mild Painful (Can do) [] Mod Painful (Limited) [] Sev Unable to Perform
Household Chores: [] No Effect [] Mild Painful (Can do) [] Mod Painful (Limited) [] Sev Unable to Perform
Kneeling: [] No Effect [] Mild Painful (Can do) [] Mod Painful (Limited) [] Sev Unable to Perform
Lift Children: [] No Effect [] Mild Painful (Can do) [] Mod Painful (Limited) [] Sev Unable to Perform
Lifting: [] No Effect [] Mild Painful (Can do) [] Mod Painful (Limited) [] Sev Unable to Perform
Pet Care: [] No Effect [] Mild Painful (Can do) [] Mod Painful (Limited) [] Sev Unable to Perform
Reading (Concentration): [] No Effect [] Mild Painful (Can do) [] Mod Painful (Limited) [] Sev Unable to Perform
Self Care-Bathing: [] No Effect [] Mild Painful (Can do) [] Mod Painful (Limited) [] Sev Unable to Perform
Self Care-Dressing: [] No Effect [] Mild Painful (Can do) [] Mod Painful (Limited) [] Sev Unable to Perform
Self Care-Shaving: [] No Effect [] Mild Painful (Can do) [] Mod Painful (Limited) [] Sev Unable to Perform
Sexual Activities: [] No Effect [] Mild Painful (Can do) [] Mod Painful (Limited) [] Sev Unable to Perform
Sleep: [] No Effect [] Mild Painful (Can do) [] Mod Painful (Limited) [] Sev Unable to Perform
Sitting Still: [] No Effect [] Mild Painful (Can do) [] Mod Painful (Limited) [] Sev Unable to Perform
Standing Still: [] No Effect [] Mild Painful (Can do) [] Mod Painful (Limited) [] Sev Unable to Perform
Walking: [] No Effect [] Mild Painful (Can do) [] Mod Painful (Limited) [] Sev Unable to Perform
Yard Work: [] No Effect [] Mild Painful (Can do) [] Mod Painful (Limited) [] Sev Unable to Perform

Recreational Activity: Effects of Current Condition on Performance

- _____ [] No Effect [] Mild Painful (Can do) [] Mod Painful (limited) [] Sev Unable to Perform
_____ [] No Effect [] Mild Painful (Can do) [] Mod Painful (limited) [] Sev Unable to Perform
_____ [] No Effect [] Mild Painful (Can do) [] Mod Painful (limited) [] Sev Unable to Perform

Patient Signature _____ Date _____

Attending Doctor's Signature _____ Date _____