

Preparing for Rehab Services

Before your first visit:

- Our paperwork is on our website – see link – print and complete it prior to your first visit to save some time
- Make a list of your questions
- Write down any symptoms
 - Is it better or worse with certain activities, movements, positions?
 - Better or worse at certain time of the day?
 - Better or worse with resting?
- Write down your medical history
- Make a list of all prescription and over the counter medications
- Write down injuries, incidents or environmental factors that could have contributed to your condition
- Make a list of medical conditions you have
- Bring a family member or friend with you if you wish
- Bring any lab or diagnostic reports from other health care professionals
- Bring a list of physicians and/or other healthcare professionals you have seen for this condition
- Wear comfortable clothing to therapy

During your first visit, your rehab therapist will:

- Review all of the information you have provided and will ask additional questions related to your condition.
- Perform a detailed examination which depending upon your condition may include your flexibility, strength, balance and coordination, heart and respiration rates. Your therapist may use their hands to examine or “palpate” the affected area.
- Ask you specific questions about your home or work environment and how you are managing with the condition that you have.
- Work with you to determine your goals for your treatment.
- Document a list of conditions that need to be improved upon to reach your goals and optimum functional level.
- Determine how many times per week and how long each visit should be. Your therapist will inform you of exercises and/or other activities you should perform on your own.

The rehab office staff will schedule the recommended treatments. Therapists work with assistants who will assist in your care. Typically you will be scheduled to rotate between being seen by the therapist and the assistant.

An important aspect of your treatment is education which may include exercises, learning new and different ways to perform your activities at work and home which can involve new techniques to help minimize your pain, lessen strain and avoid re-injury.

- Your therapist may evaluate your need for special equipment such as splints, crutches, walker or cane.
- During your course of therapy your therapist will continually recheck your progress and will work with you to plan for your discharge from therapy when you are ready.
- Your therapist will offer suggestions about what you should do after discharge if your symptoms or condition worsen.

Rehabilitation Services

PERSONAL INTAKE FORM

Name: _____ Date: _____

Gender: _____ DOB: _____ Date of onset of Problem: _____

Home Care: Are you currently receiving home care services? Y N If Yes, Where? _____

Is this **Auto, Work or Sports** related? Y N _____

Goals: What are your goals you want to achieve in Occupational/Physical/Speech Therapy?

Hospitalizations/Surgeries: Please provide list of hospitalizations and/or surgeries during past 5 years:

Date:	Reason for Hospitalization	Date:	Reason for Hospitalization/Surgeries

Medications: Please provide list of all medications you currently take including over the counter and herbal medications:

Name of Medication	Dose	Route (by mouth, injection, inhaled, sublingual)	Frequency	Purpose of med

Who referred you to Harrington’s Rehab Services? (Check as many as apply)

- Primary Physician/NP Specialist Physician/NP/PA Family Member
 Friend Other

Adverse reaction: Do you have any allergies or adverse reactions? (Bee sting, medications, Latex, skin sensitivity, etc) Y N

If yes, to what? _____

Have you ever been verbally, emotionally, sexually or physically harmed or financially exploited by your partner or someone else at home? Y N

Do you have a Health Care Proxy? Y N **Would you like a Health Care Proxy?** Y N

HCP is a document that allows a patient to appoint an agent to make health care decisions in the event that the primary individual is incapable of executing such decisions. Once the document is drafted, the primary individual continues to be allowed to make health care decisions as long as they are still competent to do so. Health care proxies are by no means mandatory; rather they allow the patient's wishes to be followed even when he/she is incapable of communicating them.

**This information will remain confidential within your chart. Please complete it as thoroughly possible. Your therapist will address any further questions.*