

**ENDURANCE REHABILITATION**

**Patient History**

Name: \_\_\_\_\_ Preferred Name: \_\_\_\_\_

Date: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

**E-Mail Address:** \_\_\_\_\_

How would you prefer your therapist to contact you?                      EMAIL    PHONE  
*Would you like appointment email reminders?*                      **YES    NO**

*\*All home exercise programs will be emailed*

Have you had physical therapy before? YES    NO

How did you hear about Endurance Rehab?

- Internet
- Insurance
- Friend: \_\_\_\_\_
- Physician: \_\_\_\_\_
- Sport Club: \_\_\_\_\_
- Store: \_\_\_\_\_
- Other: \_\_\_\_\_

Did a physician refer you for this injury? YES    NO If yes, who? : \_\_\_\_\_

If yes, when is your next follow-up appointment? \_\_\_\_\_

Main complaints/symptoms: \_\_\_\_\_

Pain Level: At best: \_\_\_\_/10; At worst: \_\_\_\_/10 (0=no pain, 10= worst/maximal pain)

What intensifies the pain? \_\_\_\_\_

What alleviates your pain? \_\_\_\_\_

When did problem begin? \_\_\_\_\_

List functional limitations/difficulties (tasks during the day at home, work or recreationally)

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Was this an accident or work related injury? If so, date of accident/injury; describe what happened and where. \_\_\_\_\_

Have you had this or similar symptoms before? YES    NO    If yes, please describe:

Please list past surgeries, including minor:

Surgery: \_\_\_\_\_ Date: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## ENDURANCE REHABILITATION

Patient name: \_\_\_\_\_ Date: \_\_\_\_\_

Please check any conditions/symptoms listed below that you have had in the past or are currently experiencing:

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Thyroid problems     | <input type="checkbox"/> Chills                | <input type="checkbox"/> Asthma              |
| <input type="checkbox"/> Hernia               | <input type="checkbox"/> Weakness              | <input type="checkbox"/> Emphysema           |
| <input type="checkbox"/> Cancer               | <input type="checkbox"/> Dizziness             | <input type="checkbox"/> Pain when breathing |
| <input type="checkbox"/> Headaches            | <input type="checkbox"/> Fatigue               | <input type="checkbox"/> Shortness of breath |
| <input type="checkbox"/> Migraines            | <input type="checkbox"/> Fainting              | <input type="checkbox"/> Angina              |
| <input type="checkbox"/> Neck stiffness       | <input type="checkbox"/> Seizures/Epilepsy     | <input type="checkbox"/> Heart attack        |
| <input type="checkbox"/> Muscle spasms        | <input type="checkbox"/> Facial pain/numbness  | <input type="checkbox"/> High Blood pressure |
| <input type="checkbox"/> Muscle cramps        | <input type="checkbox"/> Vision deficits       | <input type="checkbox"/> Heart Disease       |
| <input type="checkbox"/> Painful joints       | <input type="checkbox"/> Ringing in ears       | <input type="checkbox"/> Pacemaker           |
| <input type="checkbox"/> Fibromyalgia         | <input type="checkbox"/> Hearing loss          | <input type="checkbox"/> Abnormal Heart beat |
| <input type="checkbox"/> Osteoarthritis       | <input type="checkbox"/> Jaw pain              | <input type="checkbox"/> Stroke              |
| <input type="checkbox"/> Rheumatoid arthritis | <input type="checkbox"/> Heat/cold intolerance | <input type="checkbox"/> Anemia              |
| <input type="checkbox"/> Osteoporosis         | <input type="checkbox"/> Poor wound healing    | <input type="checkbox"/> Anxiety             |
| <input type="checkbox"/> Osteopenia           | <input type="checkbox"/> Diabetes              | <input type="checkbox"/> Depression          |
| <input type="checkbox"/> Multiple sclerosis   | <input type="checkbox"/> Circulation problems  | <input type="checkbox"/> Loss of sleep       |
|   | <input type="checkbox"/> Kidney problems       | <input type="checkbox"/> Allergies           |
|   | <input type="checkbox"/> UTI                   |  |

For any of the above conditions/symptoms that you marked, please explain:

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Please list any medications you are taking:

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Are you allergic to latex? YES NO  
Are you taking a blood thinner? YES NO  
Do you smoke? YES NO

### FEMALES

Could you be or are you pregnant? YES NO

*I attest that the information provided above is true:*

**Patient signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Patient Rights & Responsibilities  
Consent For Treatment Medical Release**

I, \_\_\_\_\_, hereby authorize Endurance Rehabilitation and/or its licensed medical professionals and such assistants to render any and all medical care deemed necessary and any additional care and supplies that are recommended.

**Cancellation/No Show Policy**

*When canceling your appointment due to scheduling conflicts we ask that you please do so by 4:00pm the business day prior. We keep a waiting list of patients that would like to have your spot if it is available. If you are unable to cancel your appointment by 4:00 pm the prior business day, or if you are unable to make your appointment and do call us, you will be charged a \$25 fee. Also, a \$25 fee will be charged to your account if you no show/no call to one of your appointments.*

**Medical Record Release**

This will authorize Endurance Rehabilitation to release any general, medical, as well as Psychiatric/Psychological, drug/alcohol, and HIV testing information from my health records, per patient's request.

**Third Party Liability**

Endurance Rehabilitation does not believe that a liability case against a third party is reason to delay payment of services. I agree that payment for services rendered is not contingent upon any settlement, judgment, or verdict of which they may eventually recover as a result of such liability cases. I agree to be ultimately responsible for payment in full for all services rendered.

**Assignment of Benefits**

I authorize Endurance Rehabilitation to process claims related to my personal health or other insurance for covered services rendered to me. I also assign and authorize payment from said insurance carrier to be paid directly to Endurance Rehabilitation rendered on my behalf.

**Circumstantial Risk**

I have been made aware of the possible benefits, effects, and possible risk or complications associated with my care. I agree to accept the treatment prescribed to me and recognize that I am free to seek other opinions relating to my health.

**Financial Obligation**

Endurance Rehabilitation requires that all co-pays, co-insurances and deductibles be paid at the time of service. Failure to maintain a current patient account may result in the placement of your account with an outside agency for Collection.

**I have reviewed and understand the Patient History, Patient Rights & Responsibilities, Consent For Treatment, Financial Responsibility, Medical Release, Cancellation/No Show Policy, and HIPAA Privacy Notice. A copy of the aforementioned paperwork will be provided upon request.**

Print Patient's Name: \_\_\_\_\_

\_\_\_\_\_  
**Patient or Parent/Guardian Signature**

\_\_\_\_\_  
**Date**

## DRY NEEDLING CONSENT & INFORMATION FORM

### What is Dry Needling?

Dry needling is a form of therapy in which fine needles are inserted into myofascial trigger points (painful knots in muscles), tendons, ligaments, or near nerves in order to stimulate a healing response in painful musculoskeletal conditions. Dry needling is not acupuncture or Oriental Medicine; that is, it does not have the purpose of altering the flow of energy (“*Qi*”) along traditional Chinese meridians for the treatment of diseases. In fact, dry needling is a modern, science-based intervention for the treatment of pain and dysfunction in musculoskeletal conditions such as neck pain, shoulder impingement, tennis elbow, carpal tunnel syndrome, headaches, knee pain, shin splints, plantar fasciitis, or low-back pain.

### Is Dry Needling Safe?

Drowsiness, tiredness or dizziness occurs after treatment in a small number of patients (1-3%) and if affected, you are advised not to drive. Minor bleeding or bruising occurs after dry needling in 15-20% of treatments and is considered normal. Temporary pain during dry needling occurs in 60-70% of treatments. Existing symptoms can get worse after treatment (less than 3% of patients); however, this is not necessarily a “bad” sign. Fainting can occur in certain patients (0.3%), particularly at the first treatment session when needling the head or neck regions. Dry needling is very safe; however, serious side effects can occur in less than 1 per 10,000 (less than 0.01%) treatments. The most common serious side effect from dry needling is pneumothorax (lung collapse due to air in the chest wall). The symptoms of dry needling-induced pneumothorax commonly do not occur until after the treatment session, sometimes taking several hours to develop. The signs and symptoms of a pneumothorax may include shortness of breath on exertion, increased breathing rate, chest pain, dry cough, bluish discoloration of the skin, or excessive sweating. If such signs and/or symptoms occur, you should immediately contact your physical therapist or physician. Nerves or blood vessels may be damaged from dry needling which can result in pain, numbness or tingling; however, this is a very rare event and is usually temporary. Damage to internal organs has been reported in the medical literature following needling; however, these are extremely rare events (1 in 200,000).

### Is there anything your practitioner needs to know?

1. Have you ever fainted or experienced a seizure? YES / NO
2. Do you have a pacemaker or any other electrical implant? YES / NO
3. Are you currently taking anticoagulants (blood thinners: e.g. Aspirin, Warfarin, or Coumadin)? YES / NO
4. Are you currently taking antibiotics for an infection? YES / NO
5. Do you have a damaged heart valve, metal prosthesis, or other risk of infection? YES / NO
6. Are you pregnant or actively trying for a pregnancy? YES / NO
7. Do you suffer from metal allergies? YES / NO
8. Are you a diabetic or do you suffer from impaired wound healing? YES / NO
9. Do you have hepatitis B, C, HIV, or any other infectious disease? YES / NO
10. Have you eaten in the last two hours? YES / NO

**Single-use, disposable needles are used in this clinic.**

**Endurance Rehabilitation requests that payment be collected at each visit. Insurance does not pay for this service.**

- **Dry Needling with Physical Therapy - \$30**
  - **Dry Needling without therapy - \$80**
  - **Dry Needling without therapy – 10/\$750**

**I confirm that I have read and understand the above information, and I consent to having dry needling treatments. I understand that I can refuse treatment at any time.**

**Printed Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Special Consent to FDA Approved "Erchonia Low-Level Laser"  
for demonstration laser application.**

Patient's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Clinic Name: \_\_\_\_\_ Endurance Rehabilitation \_\_\_\_\_

The Erchonia Low Level Lasers offer a new clinically proven treatment option that is safe, effective and cleared by the FDA for the treatment of:

- Chronic Neck Pain
- Chronic Shoulder Pain
- Chronic Low Back Pain
- Post-Operative Pain
- Heel Pain related to Plantar Fasciitis

Low Level laser therapy is a painless, sterile, non-invasive, drug free modality that is used for a variety of conditions such as acute and chronic pain, body contouring, acne and appearance of cellulite.

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**Endurance Rehabilitation requests that payment be collected at each visit. Insurance does not pay for this service.**

**Single laser treatment - \$30 / session**

**Discounted package - \$250 for 10 sessions**

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**Patient's Acknowledgement**

I acknowledge that I am not pregnant: \_\_\_\_\_

I acknowledge that I do not have a pacemaker: \_\_\_\_\_

I acknowledge that I would like a laser demonstration today (if therapist recommends): \_\_\_\_\_

I acknowledge that I have read (or have had read to me) and fully understand the above consent, the explanations referred to above were complete and all blanks, if any, were filled in before I affixed my signature.

**Patient or Patient's Representative Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**\*\*YOU DO HAVE THE OPTION TO DECLINE OR REQUEST MORE INFORMATION. PLEASE CHECK THE BOX BELOW IF YOU WOULD PREFER ONE OF THESE OPTIONS\*\***

**DECLINE LASER (You can change your mind at any time)**

**PLEASE HAVE THE THERAPIST GIVE ME MORE INFORMATION ABOUT LASER TREATMENT**

**Initials** \_\_\_\_\_

## CREDIT CARD PAYMENT AUTHORIZATION

The below listed Merchant's card payment software allows for the secure storage of credit card information, through tokenization, for future payments associated with Merchant's health care practice. You authorize charges to your credit card by Endurance Rehab as payment for all products, services, fees and charges under your account. A receipt for each payment will be provided to you via email and the charge will appear on your credit card statement. Should Endurance Rehab or cardholder change the terms of this agreement, including the use of the stored card data or its tokenization practices, below are the contact points.

**\*\*YOU ONLY NEED TO FILL OUT THIS FORM IF YOU WOULD LIKE TO KEEP A CARD ON FILE FOR SERVICES PROVIDED. IF YOU PREFER TO BRING YOUR CARD TO EVERY VISIT, YOU MAY SKIP THIS FORM\*\***

### **Merchant Information**

Address: 9376 E Bahia Drive #103 Scottsdale, AZ 85260  
Phone #: 480-556-8406

### **Customer Billing and Contact Information**

Billing Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

### **Card Details**

- Visa
- Mastercard
- Discover

Patient Name: \_\_\_\_\_

Cardholder Name: \_\_\_\_\_

Card Number Ending in (**LAST 4 DIGITS ONLY**): \_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_

I understand that this authorization will remain in effect until I cancel it in writing, and I agree to notify Endurance Rehab in writing of any changes in my account information or termination of this authorization. I acknowledge that the origination of credit card transactions to my account must comply with the provisions of U.S. law and will be used to pay any overdue outstanding invoices for my account. I certify that I am an authorized user of this credit card.

SIGNATURE \_\_\_\_\_

Date \_\_\_\_\_

(Cardholder Signature)