Prana Health Chiropractic

Dr. Abbey Hernandez, DC
18377 Beach Blvd Suite 217 HB,CA 92648
Tel: 714-465-2127
www.pranahealthchiropractic.com

Activities of Daily Living

To properly assess your condition, we must understand how much your health problems have affected your ability to manage everyday activities. For each item below, please circle the number which most closely describes your condition right now.

1.	Static Sitting	0 No pain	1 Mild pain	2 Moderate pain	3 Severe pain	4 Worst possible pain
2.	Sleeping	0 No pain	1 Mild pain	2 Moderate pain	3 Severe pain	4 Worst possible pain
3.	Personal Care (washing, Dressing, etc.)	0 No pain	1 Mild pain	2 Moderate pain	3 Severe pain	4 Worst possible pain
4.	Travel (driving, etc.)	0 No pain	1 Mild pain	2 Moderate pain	3 Severe pain	4 Worst possible pain
5.	Work	0 No pain	1 Mild pain	2 Moderate pain	3 Severe pain	4 Worst possible pain
6.	Recreation	0 No pain	1 Mild pain	2 Moderate pain	3 Severe pain	4 Worst possible pain
7.	Household Chores (Vacuuming, Cleaning, Etc.)	0 No pain	1 Mild pain	2 Moderate pain	3 Severe pain	4 Worst possible pain
8.	Lifting	0 No pain	1 Mild pain	2 Moderate pain	3 Severe pain	4 Worst possible pain
9.	Walking	0 No pain	1 Mild pain	2 Moderate pain	3 Severe pain	4 Worst possible pain
10.	Standing	0 No pain	1 Mild pain	2 Moderate pain	3 Severe pain	4 Worst possible pain

Patient's Signature: _____ Today's Date: _____