Holy Cross Medical Group
Orthopaedic Institute

Elbow Patients

We appreciate you taking time to fill out the following information. Your answers will help us to provide you with our best quality care. Feel free to discuss the information with your nurse when you are called back to the examination room.

Some questions allow you to mark ALL appropriate answers, and others ask for the ONE best answer. Please pay careful attention to the instructions. We are glad you have chosen us to take care of your orthopaedic needs.
**Elbow Patient History**

Medical Record Number: ________________

Today's Date: ___ / ___ / ______

<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Middle Name</th>
<th>Suffix</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Date of Birth</th>
<th>Social Security #</th>
<th>Gender</th>
<th>Race</th>
<th>Marital Status</th>
</tr>
</thead>
</table>

Location of Problem:
- [ ] Right Shoulder
- [ ] Right Elbow
- [ ] Left Shoulder
- [ ] Left Elbow
- [ ] Neck

If more than one, which is the worst?: ______________________

Date Problem Began (approximate): ___ / ___ / ______

Please describe your current problem:
- [ ] New injury or problem (less than 6 weeks duration)
- [ ] Subacute problem (6 weeks – 3 months duration)
- [ ] Chronic Problem (problem has been treated for more than 3 months and never returned to normal)
- [ ] Re-injury (you injured same area before, received treatment, had no problems until this new injury occurred)

- Date of Re-injury ___ / ___ / ______

Is your problem a result of an injury?  [ ] Yes  [ ] No

What caused your injury?
- [ ] Fall
- [ ] Lifting
- [ ] Twisting
- [ ] Throwing
- [ ] Collision/Contact
- [ ] Reaching
- [ ] Other: __________________

Check any of the following that happened at the time of your injury:
- [ ] Felt pain
- [ ] Heard pop
- [ ] Had swelling
- [ ] Discoloration
- [ ] Dislocation
- [ ] Fracture
- [ ] Other: __________________

If your problem is the result of an injury, where did it occur? (Check one answer)
- [ ] Home
- [ ] Work
- [ ] Motor Vehicle Accident
- [ ] Exercise
- [ ] Sporting Competition
- [ ] Other: __________________

Have you talked to a lawyer concerning your injury?  [ ] Yes  [ ] No

Are you receiving or have you applied for workers compensation concerning your injury?  [ ] Yes  [ ] No

Have you received previous treatment for your current problem?  [ ] Yes  [ ] No  (If yes, please specify)
- [ ] Medicine
- [ ] Physical Therapy
- [ ] Chiropractic
- [ ] Alternative
- [ ] Surgical ( ___ Number of surgeries)
- [ ] Injections ( ___ Number of injections)

Are you having pain today?  [ ] Yes  [ ] No  Is your pain today: [ ] Occasional  [ ] Constant

On a scale of 0 – 10, how would you score your pain today?

![Pain Scale]

Check the words that best describe the character of the pain you are having today:
- [ ] Aching
- [ ] Miserable
- [ ] Unbearable
- [ ] Stabbing
- [ ] Gnawing
- [ ] Burning
- [ ] Nagging
- [ ] Exhausting
- [ ] Tender
- [ ] Sharp
- [ ] Penetrating
- [ ] Tiring
- [ ] Numb

Does the pain awaken you from sleep?  [ ] Never  [ ] Occasionally  [ ] Frequently

Does the pain keep you from falling asleep?  [ ] Never  [ ] Occasionally  [ ] Frequently

What time of day is your pain worst?
- [ ] Morning  [ ] Afternoon  [ ] Evening  [ ] Night  [ ] All the time

What makes your pain better:
- [ ] Rest
- [ ] Medication
- [ ] Ice
- [ ] Heat
- [ ] Sitting
- [ ] Standing
- [ ] Lying Down
- [ ] Nothing in particular
- [ ] Walking
- [ ] Other: __________________

What makes your pain worse:
- [ ] Rest
- [ ] Medication
- [ ] Ice
- [ ] Heat
- [ ] Sitting
- [ ] Standing
- [ ] Lying Down
- [ ] Nothing in particular
- [ ] Walking
- [ ] Other: __________________
Pease tell us your height and weight:  
- **Height:** ____ feet ____ inches  
- **Weight:** _____ pounds

**Referring Physician (first and last name):**  
_____________________________________________

**Address:**  
_____________________________________________

### Review of Systems

**General**
- recent weight gain  
- recent weight loss  
- appetite change  
- difficulty sleeping  
- None

**Cardiovascular**
- chest pain  
- heart attack  
- palpitations (irregular heart beat)  
- heart failure  
- edema (leg swelling)  
- high blood pressure  
- leg cramps with walking  
- None

**Pulmonary**
- shortness of breath  
- cough  
- sputum  
- bronchitis  
- asthma  
- night sweats  
- None

**Endocrine & Metabolic**
- sugar diabetes  
- goiter  
- thyroid problem  
- sterility  
- cholesterol / lipid problem  
- None

**Hematopoietic / Lymphatic**
- anemia  
- lymph node enlargement  
- bleeding problem  
- frequent infections  
- None

**Musculoskeletal**
- joint pain  
- joint swelling or warmth  
- joint stiffness  
- muscle pain  
- weakness  
- back pain  
- joint deformity  
- None

**Gastrointestinal**
- heartburn / indigestion  
- difficulty swallowing  
- stomach pains  
- ulcers  
- nausea / vomiting  
- diarrhea  
- hemmorhoids  
- rectal bleeding  
- black bowel movements  
- change in bowel habits  
- constipation  
- frequent laxative use  
- jaundice or hepatitis  
- liver trouble  
- gallbladder problems  
- None

**Neurologic**
- headaches  
- dizziness  
- blackouts  
- numbness and tingling  
- paralysis  
- convulsions / seizures  
- coordination trouble  
- None

**Genitourinary**
- burning on urination  
- frequency of urination  
- difficulty starting urine  
- wetting pants or bed  
- bloody urine  
- sexual difficulties  
- None

**Psychiatric**
- anxiety  
- depression  
- been seen by a psychiatrist  
- None
### Past Medical History

- Please check any of the following conditions you have or have had in the past.
- If you are unsure, please ask a staff member to assist you in filling out this form.

You may check more than one condition.

<table>
<thead>
<tr>
<th>Condition</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcoholism</td>
<td></td>
</tr>
<tr>
<td>Anemia</td>
<td></td>
</tr>
<tr>
<td>Anxiety</td>
<td></td>
</tr>
<tr>
<td>Asthma</td>
<td></td>
</tr>
<tr>
<td>Arthritis - rheumatoid (verified with blood test)</td>
<td></td>
</tr>
<tr>
<td>Arthritis - osteo, degenerative</td>
<td></td>
</tr>
<tr>
<td>Bowel disease</td>
<td></td>
</tr>
<tr>
<td>Cancer (specify)</td>
<td></td>
</tr>
<tr>
<td>Cardiac Arrhythmia (Abnormal heart rate)</td>
<td></td>
</tr>
<tr>
<td>Congestive Heart Failure</td>
<td></td>
</tr>
<tr>
<td>Coronary Artery Disease (Angina)</td>
<td></td>
</tr>
<tr>
<td>Cerebrovascular Disease (Stroke)</td>
<td></td>
</tr>
<tr>
<td>Diabetes</td>
<td></td>
</tr>
<tr>
<td>Depression</td>
<td></td>
</tr>
<tr>
<td>Hypertension (High Blood Pressure)</td>
<td></td>
</tr>
<tr>
<td>Hypercholesterolemia (Elevated Cholesterol)</td>
<td></td>
</tr>
<tr>
<td>Hypothyroidism</td>
<td></td>
</tr>
<tr>
<td>Kidney Disease</td>
<td></td>
</tr>
<tr>
<td>Liver Disorder (Cirrhosis, Hepatitis)</td>
<td></td>
</tr>
<tr>
<td>Lung Disease</td>
<td></td>
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<tr>
<td>Osteomyelitis</td>
<td></td>
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<tr>
<td>Parkinson’s</td>
<td></td>
</tr>
<tr>
<td>Ulcer Disease</td>
<td></td>
</tr>
<tr>
<td>Osteoporosis</td>
<td></td>
</tr>
<tr>
<td>Other (specify all other)</td>
<td></td>
</tr>
</tbody>
</table>

Have you ever had a blood transfusion? □ Yes □ No
Have you ever had a blood clot? □ Yes □ No

### Past Surgical History

- Please check any of the following surgical procedures you have or have had in the past.

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Year of Most Recent Surgery</th>
<th>Year of Previous Surgery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appendectomy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CABG (Coronary Artery Bypass Grafting)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholecystectomy (Removal of Gallbladder)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hysterectomy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mastectomy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Herniorrhaphy (Hernia Repair)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tonsillectomy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Splenectomy (Removal of Spleen)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Discectomy - Cervical Spine</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Discectomy - Lumbar Spine</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fusion - Cervical Spine</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fusion - Lumbar Spine</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fracture Repair – Ankle</td>
<td>□ Right □ Left □ Both</td>
<td></td>
</tr>
<tr>
<td>Fracture Repair – Knee</td>
<td>□ Right □ Left □ Both</td>
<td></td>
</tr>
<tr>
<td>Fracture Repair – Shoulder</td>
<td>□ Right □ Left □ Both</td>
<td></td>
</tr>
<tr>
<td>Hip replacement</td>
<td>□ Right □ Left □ Both</td>
<td></td>
</tr>
<tr>
<td>Arthroscopy – Knee</td>
<td>□ Right □ Left □ Both</td>
<td></td>
</tr>
<tr>
<td>Cartilage surgery/meniscus</td>
<td>□ Right □ Left □ Both</td>
<td></td>
</tr>
<tr>
<td>Ligament reconstruction – ACL</td>
<td>□ Right □ Left □ Both</td>
<td></td>
</tr>
<tr>
<td>Ligament reconstruction – other</td>
<td>□ Right □ Left □ Both</td>
<td></td>
</tr>
<tr>
<td>Knee replacement</td>
<td>□ Right □ Left □ Both</td>
<td></td>
</tr>
<tr>
<td>Arthroscopy – Shoulder</td>
<td>□ Right □ Left □ Both</td>
<td></td>
</tr>
<tr>
<td>Rotator cuff surgery</td>
<td>□ Right □ Left □ Both</td>
<td></td>
</tr>
<tr>
<td>Shoulder replacement</td>
<td>□ Right □ Left □ Both</td>
<td></td>
</tr>
<tr>
<td>Shoulder stabilization</td>
<td>□ Right □ Left □ Both</td>
<td></td>
</tr>
<tr>
<td>Other (List all others)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Family History**
Please check all diseases for which you have a family history:

- Heart Disease
- Stroke
- Rheumatoid Arthritis
- Arthritis (osteo, degenerative)
- Osteoporosis
- Cancer - Breast
- Cancer - Other
- Diabetes
- Problems with anesthesia
- Reviewed and Unremarkable

- Cancer - Prostate

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**Social History**

**Current Employment:**
- [ ] Full-time
- [ ] Part-time
- [ ] Retired
- [ ] Student
- [ ] Unemployed
- [ ] Disabled

**Job Title:**
__________________________

**Level of Education:**
- [ ] Grade school
- [ ] High school/equivalent
- [ ] Some college
- [ ] College degree
- [ ] Graduate degree

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**Alcohol:**
- [ ] I drink alcohol
- [ ] Rarely (less than 1 drink a month)
- [ ] Occasionally (1-4 drinks per month)
- [ ] Socially (1-2 drinks per week)
- [ ] Frequently (3-5 drinks per week)
- [ ] Daily (at least one drink a day)
- [ ] I do not drink alcohol, but I used to drink
- [ ] I never drank alcohol

---

**Tobacco:**
- [ ] I have never used tobacco
- [ ] I currently smoke the following number of packs per day:
  - [ ] 1
  - [ ] 2
  - [ ] 2½
  - [ ] 1½
  - [ ] 3
- [ ] Years of tobacco use at this pattern: ____ yrs
- [ ] I do not use tobacco, but I used to use

---

**Exercise. Do you exercise regularly?**
- [ ] Yes
- [ ] No

How often?
- [ ] daily
- [ ] 3 times per week
- [ ] weekly
- [ ] at least once every other week

---

**Allergies**
Are you allergic to any medications?  
- [ ] Yes
- [ ] No.

Please list
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

---

**Current Medications**
Please list the medications you are currently taking - Please include prescription and non-prescription medication. Please list doses and number of times taken daily

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

Please check any **anti-inflammatory medication** listed below which you have taken in the past. Please include all prescription, non-prescription and samples provided.

- [ ] Advil
- [ ] Arthrotec
- [ ] Daypro
- [ ] Ibuprofen
- [ ] Lodine
- [ ] Naprelan
- [ ] Naproxen
- [ ] Celebrex
- [ ] Tylenol
- [ ] Ultram
- [ ] Other (specify) ______

Please check any of the following **side effects** you experienced while taking any of the above **anti-inflammatory medications.**

- [ ] Nausea
- [ ] Diarrhea
- [ ] Gastric ulcers
- [ ] Upset stomach
- [ ] Vomiting
- [ ] other ______________

Please check any of the following medications you take on a regular basis.

- [ ] Aspirin
- [ ] Axid
- [ ] Coumadin
- [ ] Cytotec
- [ ] Heparin
- [ ] Maalox
- [ ] Tagamet
- [ ] Prilosec
- [ ] Mylanta
- [ ] Prevacid
- [ ] Pepcid
- [ ] Zantac

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# Initial Elbow Questionnaire

**Patient Name:** ___________________________ **Today’s Date:** __________

## Self Evaluation

1. Hand Dominance:  
   - ☐ Right  
   - ☐ Left  
   - ☐ Use both equally
2. Are you having pain in your elbow?  
   - ☐ Yes  
   - ☐ No
3. Do you take pain medication (aspirin, Advil, Tylenol, etc.)?  
   - ☐ Yes  
   - ☐ No
4. Do you take narcotic pain medication (codeine or stronger)?  
   - ☐ Yes  
   - ☐ No
5. Does your elbow feel unstable (as if it is going to dislocate)?  
   - ☐ Yes  
   - ☐ No
6. How would you rate your upper extremity today as a percentage of normal?  
   - ______%  
   - ☐ Yes  
   - ☐ No
7. Do you have mechanical symptoms (catching, locking or grinding in your joint)?  
   - ☐ Yes  
   - ☐ No

## Mayo Elbow Performance Score

1. Are you able to comb hair?  
   - ☐ Yes  
   - ☐ No
2. Are you able to feed yourself?  
   - ☐ Yes  
   - ☐ No
3. Are you able to perform personal hygiene tasks (i.e., wiping)?  
   - ☐ Yes  
   - ☐ No
4. Are you able to put on a shirt?  
   - ☐ Yes  
   - ☐ No
5. Are you able to put on shoes?  
   - ☐ Yes  
   - ☐ No

## Range of Motion

Please mark the estimated motion of your elbow. (Mark one box for start and one box for finish)

- How well can you **straighten**:
  - ☐ 0  
  - ☐ 45  
  - ☐ 120

- How well can you **bend**:
  - ☐ 45  
  - ☐ 120  
  - ☐ 145

## VAS Pain

On the following scale of 0-10, please mark the average amount of pain you experience in your elbow on a daily basis.  

(Please circle a number)

## VAS Function

On the following scale of 0-10, please mark what you consider to be the current overall function of your elbow.

- 0 = my elbow is useless
- 10 = my elbow is normal  

(Please circle a number)
**FUNCTION (AMERICAN SHOULDER AND ELBOW SOCIETY SCORE)**

Please note your ability to do the following daily activities, or if you were to try such activities (Best Guess):

0 = **Unable** to do, 1 = **Very difficult** to do, 2 = **Somewhat** difficult, 3 = **Normal** (Check ONLY ONE answer)

<table>
<thead>
<tr>
<th>Activity</th>
<th>Right Arm</th>
<th>Left Arm</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Put on a coat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Sleep on your affected side</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Wash back/connect bra in back</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Manage toileting</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Comb hair</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Reach a high shelf</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Lift 10lbs above shoulder</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Throw a ball overhead</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Do usual work</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Please describe usual work):</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. Do usual sport</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Please describe usual sport):</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**IF YOU HAVE HAD SURGERY**, please answer the following questions. Otherwise, please leave them blank.

a. Does your operated arm feel numb in any region? □ Yes □ No
b. Does your operated arm feel weaker to any activity now than before? □ Yes □ No
c. Does your operated arm feel more painful now than before surgery? □ Yes □ No
d. Would you have the same procedure performed upon yourself again? □ Yes □ No
e. How would you rate your **personal satisfaction** with your surgery? (circle one)
   Excellent   Good   Satisfactory   Unsatisfactory
### Instructions
This survey asks for your views about your health. This information will help keep track of how you feel and how well you are able to do your usual activities. Please answer every question by marking one box. If you are unsure about how to answer, please give the best answer you can.

1. In general, would you say your health is:
   - ☐ 1 Excellent
   - ☐ 2 Very good
   - ☐ 3 Good
   - ☐ 4 Fair
   - ☐ 5 Poor

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

<table>
<thead>
<tr>
<th>Activity</th>
<th>Yes, Limited</th>
<th>Yes, Limited</th>
<th>No, Not Limited At All</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf</td>
<td>☐ 1</td>
<td>☐ 2</td>
<td>☐ 3</td>
</tr>
<tr>
<td>Climbing several flights of stairs</td>
<td>☐ 1</td>
<td>☐ 2</td>
<td>☐ 3</td>
</tr>
</tbody>
</table>

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?

<table>
<thead>
<tr>
<th>Problem</th>
<th>1-Yes</th>
<th>2-No</th>
</tr>
</thead>
<tbody>
<tr>
<td>4. Accomplished less than you would like</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Were limited in the kind of work or other activities</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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)?

<table>
<thead>
<tr>
<th>Problem</th>
<th>1-Yes</th>
<th>2-No</th>
</tr>
</thead>
<tbody>
<tr>
<td>6. Accomplished less than you would like</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Didn't do work or perform other activities as carefully as usual</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Accomplished less than you would like</td>
<td></td>
<td></td>
</tr>
<tr>
<td>During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework)?</td>
<td>☐ 1—Not at all</td>
<td>☐ 2—A little bit</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Feeling/Mood/Activity</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you felt calm and peaceful?</td>
<td>☐</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did you have a lot of energy?</td>
<td>☐</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have you felt downhearted and blue?</td>
<td>☐</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>During the past 4 weeks, how much of the time has your physical or emotional problems interfered with your social activities (like visiting with friends, relatives, etc)?</td>
<td>☐</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>