ACTIVITIES OF DAILY LIVING

KAISER CHIROPRACTIC, S.C.

Patient Name: _____ File#: _____ Date: _____/_____/____

Please indicate any activity that you have discomfort **OR** difficulty doing at any time.
Then, fill in the amount of time it takes before it affects you. **See the example below**.

If an ACTIVITY "does not apply" to you, please circle N/A.

DOES NOT APPLY	DO YOU HAVE *DISCOMFORT* OR *DIFFICULTY*:	AFTER HOW LONG?
N/A	**EXAMPLE: Driving ☒ YES ☐ NO**	**___30_min_____hrs**
N/A	Sitting/Driving ☐ YES ☐ NO	_____min_____hrs
N/A	Standing ☐ YES ☐ NO	_____min_____hrs
N/A	Walking ☐ YES ☐ NO	_____min_____hrs
N/A	Working ☐ YES ☐ NO	_____min_____hrs
N/A	Lying down ☐ YES ☐ NO	_____min_____hrs
N/A	Dress/Groom ☐ YES ☐ NO	_____min_____hrs
N/A	Computer ☐ YES ☐ NO	_____min_____hrs
N/A	Cook/Housework ☐ YES ☐ NO	_____min_____hrs
N/A	Garden/Yard Work ☐ YES ☐ NO	_____min_____hrs
N/A	Sports/Recreation ☐ YES ☐ NO	_____min_____hrs
N/A	Does the pain wake you at night? ☐ YES ☐ NO	_____/day or _____/wk
N/A	Do you get headaches? ☐YES ☐NO	_____/wk or _____/mth

OFFICE USE ONLY		
C = CERVICAL / T = THORACIC / L = LUMBAR / O = OTHER		
ACTIVITIES OF DAILY LIVING	SHORT TERM GOALS	LONG TERM GOALS
SITTING/DRIVING: C T L O	_____min _____hr	_____min _____hr
STANDING: C T L O	_____min _____hr	_____min _____hr
WALKING: C T L O	_____min _____hr	_____min _____hr
WORKING: C T L O	_____min _____hr	_____min _____hr
LYING DOWN: C T L O	_____min _____hr	_____min _____hr
DRESS/GROOM: C T L O	_____min _____hr	_____min _____hr
COMPUTER: C T L O	_____min _____hr	_____min _____hr
COOK/HOUSEWORK: C T L O	_____min _____hr	_____min _____hr
GARDEN/YARD WORK: C T L O	_____min _____hr	_____min _____hr
SPORTS/RECREATION: C T L O	_____min _____hr	_____min _____hr
FREQUENCY OF DISTURBED SLEEP: C T L O	___day ___wk ___month	___day ___wk ___month
FREQUENCY OF HEADACHES: C T L O	___day ___wk ___month	___day ___wk ___month

Please list the activities that are most important for you to see improvement. Please list the most important first. (for example: golf, work out, hold kids/grandkids, run, walk).		
	1	
	2	
	3	

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