|  |  |  |  |
| --- | --- | --- | --- |
| Section | Items | Details | |
| I: General Information | Present Symptom: |  | |
| History of Onset: | First onset/Recurrence | |
| Initial Onset Date |  |
| Progress of Condition: | improving / deteriorating / static / fluctuating | |
| II: Subjective Examination | Pain Score (NPRS) |  | |
| Aggravating Factor(s) |  | |
| Tolerance (minutes) | Sitting |  |
| Standing |  |
| Walking |  |
| Aid |  |
| Red Flags Screening | Potential Serious Pathology /Malignancy | Significant weight loss Poor appetite Fever Night pain |
| Cauda Equina/ neurology/ myelopathy | Bladder/Bowel (B/B) Disturbance Saddle Anaesthesia Bilateral UL/LL weakness Bilateral UL/LL sensory deficit Hand Clumsiness Gait disturbance |
| III: Objective Examination | Cervical | Posture |  |
| ROM | Flexion Extension Side flexion L Side flexion R Rotation L Rotation R |
| Lumbar | Posture: |  |
| ROM: | Flexion: Extension: Side flexion L: Side flexion R: Rotation L: Rotation R: |
| Straight Leg Raise (SLR) | Left degrees |  |
| Right degrees |  |
| Prone Knee Bend (PKB) | Left |  |
| Right |  |
| UL Tension Tests: | Median: |  |
| Ulnar: |  |
| Radial: |  |
| Reflex and Myelopathy Sign: | Jerks |  |
| Myotomes |  |
| Lower limb |  |
| Other Peripheral joints |  |
| IV: Function Score | Roland-Morris Disability Questionnaire (RMDQ) (24-item scale for low back pain impact) RMDQ | /24 | |
| Neck Disability Index (NDI) (10-item percentage scale for cervical dysfunction) | % | |
| V: Intervention | Postural correction |  | |
| Pain Modulation (hot pack) |  | |
| Therapeutic Exercise |  | |
| Gait re-education |  | |
| VI: Recommendation | Discharge with advice & home program |  | |
| Further Specialist Outpatient Department (SOPD) follow up |  | |
| MMRC OPD PT |  | |
| OPD PT |  | |
| MMRC Day Rehabilitation |  | |