

# SIX POINTS PHYSICAL THERAPY

701 PARK AVE.  
CORPUS CHRISTI, TEXAS 78401  
361-879-0006  
Fax# 361-879-0702

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Instructions on how to fill out paperwork:

## **Optimal Difficulty Baseline**

- Pertaining to the reason why you are coming to therapy (knee pain), please rate on how difficult it is for you to perform the list activities.
- If you do not do the listed activity, please circle "Not Applicable".

## **Optimal Confidence Baseline**

- Rate on how confident you feel in performing the listed activities. For example: I know by doing this activity it is difficult for me, but I still feel confident enough in my ability to get it done.
- If you do not do the listed activity, please circle "Not Applicable".

## **Back Index**

- Pertaining to the back pain, please rate on how difficult it is for you to perform the listed activities.

## **DASH**

- Pertaining to the shoulder pain, please rate on how difficult it is for you to perform the listed activities.

If you have questions in regards to paperwork, please arrive 15 minutes before your appointment.

Thank you.