

# Mason Family Chiropractic

Dr. Marie S. Mason

154 West Main Street, Suite 1

Bridgeport, WV 26330

## DIFFICULTY IN PERFORMING ACTIVITIES OF DAILY LIVING

PATIENT NAME: \_\_\_\_\_

Check each of the activities which you have difficulty performing and/or can perform only with pain.  
(There is no particular priority in the order presented.)

### HOUSEWORK

- Doing laundry
- Making beds
- Vacuuming
- Washing dishes
- Ironing
- Carrying groceries
- Caring for pets
- Cooking
- Other \_\_\_\_\_

### YARDWORK

- Mowing lawn
- Shoveling snow
- Raking leaves
- Gardening

### GENERAL

- Walking
- Standing
- Running
- Sitting
- Lifting children
- Bending
- Climbing stairs
- Reading
- Lying in bed
- Chewing
- Swimming
- Sports: List \_\_\_\_\_

### PERSONAL GROOMING

- Combing hair
- Shaving
- In/out bathtub
- Brushing teeth
- Other \_\_\_\_\_

### TRAVEL

- Driving
- Riding (Passenger)
- Minutes per day

Type of vehicle

- Auto \_\_\_\_\_
- Train \_\_\_\_\_
- Bus \_\_\_\_\_
- Truck \_\_\_\_\_
- Airplane \_\_\_\_\_

- Getting in and out of auto
- Playing piano
- Using typewriter / computer
- Kneeling
- Sexual intercourse
- Exercising
- Sleeping
- Using telephone
- Sitting in recliner

OTHER: Please list any other difficulties you are experiencing with activities you have engaged in since your condition arose: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_