



IS PHYSICAL THERAPY RIGHT FOR ME?

Take this self-test to find out if further consultation with one of our physical therapists may be appropriate for you:

DO YOU EXPERIENCE:

- | | | |
|---|-----|----|
| • Back, pelvic, or hip pain? | YES | NO |
| • Tailbone or groin pain? | YES | NO |
| • Jaw pain? | YES | NO |
| • Knee pain? | YES | NO |
| • Ankle or foot pain? | YES | NO |
| • Numbness, tingling, or pain in the wrist, hand, or fingers? | YES | NO |
| • Weakness or tightness in your muscles and joints? | YES | NO |
| • Headaches? | YES | NO |
| • Balance or falling problems? | YES | NO |
| • Dizziness? | YES | NO |

DO YOU HAVE:

- | | | |
|--|-----|----|
| • Pain with urination or bowel movements? | YES | NO |
| • A "falling out" feeling or pressure and heaviness in your bottom? | YES | NO |
| • Pain with sexual intercourse, using tampons, or a gynecological exam? | YES | NO |
| • Leakage of urine, gas or stool with laughing, coughing, or sneezing? | YES | NO |
| • Strong urges to urinate even though you pass very little urine? | YES | NO |
| • The need to use the restroom more often than every 3-4 hours or waking more than 1 time per night to empty your bladder? | YES | NO |
| • Pain or swelling after breast surgery? | YES | NO |

HAVE YOU EVER BEEN DIAGNOSED WITH:

- | | | | | | |
|-------------------------------|-----|----|---------------------------|-----|----|
| • Osteopenia or osteoporosis? | YES | NO | • Plantar fasciitis? | YES | NO |
| • BPPV? | YES | NO | • Carpal tunnel syndrome? | YES | NO |
| • Osteoarthritis? | YES | NO | • Tendinitis or bursitis? | YES | NO |
| • Herniated disc? | YES | NO | • Fibromyalgia? | YES | NO |
| • Sciatica? | YES | NO | • Breast cancer? | YES | NO |
| • Piriformis syndrome? | YES | NO | • Lymphedema? | YES | NO |
| • Rotator cuff impingement? | YES | NO | • Incontinence? | YES | NO |

Thank you for taking the time to complete this self-test! At Priority Physical Therapy, Inc., your health matters to us too. If you answered YES to any of these questions, please consult with one of our physical therapists for further details about the possible benefits of physical therapy for your situation. You may reach us at (715) 842-1700 or at www.priorityphysicaltherapy.com.