



### PATIENT-SPECIFIC FUNCTIONAL SCALE (PSFS)

Please identify three to five important activities that you are unable to do or are having difficulty with as a result of your current injury/problem. Please write these activities in the Activities column below and rate these in the Rating column using a scale of 0 to 10.

**0 = UNABLE to perform activity** and **10 = ABLE to perform activity at the same level as before injury or problem.**

Activities that you are unable to do or have difficulty with as a result of your current injury/problem	Rating
1	
2	
3	
4 (Optional)	
5 (Optional)	

*N.B. If you are off work, one activity must relate to work.*

### NUMERIC PAIN RATING SCALE (NPRS)

Please rate your pain for your current injury using a scale of 0 to 10 where **0 = no pain** and **10 = worst possible / imaginable pain.**

Please write your level of pain in the Rating column below.

Pain	Rating
Average pain rate in last 24 hours	
Worst in last 24 hours	
Best in last 24 hours	

<b>Client Name:</b>	<b>Date:</b>
<b>Signature:</b>	<b>ACC45:</b>

[www.bodyinmotionphysio.co.nz](http://www.bodyinmotionphysio.co.nz)

You can email all our clinics at [info@bimphysio.co.nz](mailto:info@bimphysio.co.nz) or give us a call on **07 927 3330**

#### PYES PA

Unit 20, 83 Pyes Pa Road, Pyes Pa

#### MOUNT MAUNGANUI

3 Grenada Street, Mount Maunganui  
46 Girven Rd, Mt Maunganui

#### 1st AVE – THE GYM

Ground Floor, 107 First Ave, Tauranga

#### BAYWAVE

TECT Aquatic & Leisure Centre,  
Mount Maunganui

#### PAPAMOA

26 Gravatt Road, Papamoa

#### OCEAN BLUE HEALTH CLUB

Ocean Blue Gym, Palm Beach Plaza, Gravatt Road

#### BETHLEHEM

1 Te Paeroa Road, Bethlehem

#### HIGH PERFORMANCE CENTRE

#### – BLAKE PARK

52–54 Miro St, Mount Maunganui

#### WHAKATANE

252 The Strand, Whakatane