PHYSICIAN CONSULT CHECKLIST

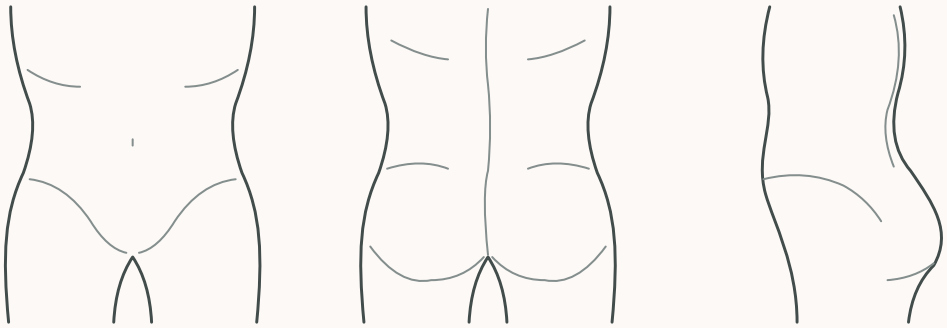
Low back pain after lifting

Name _____ Visit date _____

Mark where you feel it

Side (left, right, or both) _____

Write a letter where you feel each symptom. Use more than one letter if needed.



Front Back Side

N Numbness **P** Pins & Needles **B** Burning / Aching **S** Stabbing

What I want my physician to know

Describe the lift, how soon symptoms started, and other work or training tasks affected.

I used to be able to… Now I struggle with…

It started… It feels better or worse when…

I've tried… It helped for…

The main thing I want to decide or do is…

What to bring or send

Bring notes on load, repetitions, and any initial assessment or restrictions.

- ☐ Prior images and written reports, if available
- ☐ Checked the scan date, body area and side
- ☐ Confirmed the office can open the image files
- ☐ Relevant visit and therapy notes, medication and allergy list

Image date, type and where it was done

What I still need to request or confirm

Questions to ask

- ☐ Which details from the lifting event should guide the exam?
- ☐ What should we clarify about the tasks I need to resume?
- ☐ If I have prior images, would they help answer today's question? Would another test change the plan?

What will I do next, and when will we check in?

One small improvement I want to notice

Notes from my visit