

# kitsap physical therapy

AND SPORTS CLINICS

www.KitsapPT.com

## BAINBRIDGE ISLAND

(206) 842-6288 Fax: 842-6292

911 Hildebrand Lane NE  
Suite #101  
Bainbridge Island, WA 98110

Located at 911 Place just across from Frontier Bank at the end of Hildebrand Lane.

## BREMERTON

(360) 792-1015 Fax: 792-0964

2500 Cherry Avenue, Suite #203  
Bremerton, WA 98310

Located in the West Sound Bldg. just below Harrison Hospital.

## KINGSTON

(360) 297-7050 Fax: 297-7502

26001 Barber Cut-Off Road NE  
Suite #C-1  
Kingston, WA 98346

Located at the intersection of West Kingston Road and Barber-Cut Off Road next to Kingston Fitness.

## PORT ORCHARD

(360) 895-9090 Fax: 895-9089

1880 Pottery Avenue  
Suite #100  
Port Orchard, WA 98366

Located on Pottery Avenue approximately 1/4 mile up the hill from Harrison South Kitsap Urgent Care.

## POULSBO-NK MEDICAL CENTER

(360) 779-3764 Fax: 779-9740

20730 Bond Road NE  
Suite #106  
Poulsbo, WA 98370

Located in Bldg. A at the NK Medical Center at the intersection of Bond Road and Hwy. 305.

## POULSBO-VILLAGE

(360) 779-3777 Fax: 779-9797

19319 7th Avenue NE, Suite #108  
Poulsbo, WA 98370

Located in the center building just across from the Doctor's Clinic.

## SILVERDALE

(360) 613-1834 Fax: 613-2716

2400 NW Myhre Road, Suite #102  
Silverdale, WA 98383

Located at the corner of Myhre and Mickelberry Road, just down from Costco and next to Snap Fitness.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_ ICD-10#: \_\_\_\_\_

Circle "Yes" or "No" for each statement below

Why it matters

Yes (2)	No (0)	Statement	Why it matters
Yes (2)	No (0)	I have fallen in the past year.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (2)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (2)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (2)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (2)	No (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (2)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (2)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (2)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (2)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes (2)	No (0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (2)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down are linked to falls.

**Add up the number of points for each "yes" answer. A score of 4 points or more indicates there may be a fall risk. Check the box below if you'd like a complete Fall Risk Evaluation completed which includes specific tests to help identify contributing factors such as musculoskeletal, functional, cognitive, vestibular, vision, medication, etc. A copy of the evaluation will be sent to the patients referring provider with results and recommendations.**

Total \_\_\_\_\_

Fall Risk Evaluation (FRE)

FRE and Treat Appropriately

Comments/precautions: \_\_\_\_\_

Physician: X \_\_\_\_\_  
Thank you for this referral

Physician referral to physical therapy is NOT a guarantee of benefits. Patients are responsible for verifying their insurance coverage. In making this referral, physician certifies that prescribed rehabilitation is a medical necessity.