

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
		I have fallen in the past year.	People who have fallen once are likely to fall again.
		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.
		Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
		I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
		I am worried about falling.	People who are worried about falling are more likely to fall.
		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.
		I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
		I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
		I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
		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.
		I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
		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.