

**BAINBRIDGE ISLAND**

(206) 842-6288 Fax: 842-6292  
 945 Hildebrand Lane NE  
 Suite #220  
 Bainbridge Island, WA 98110  
 Located in the same building as  
 Swedish Primary Care

**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 South  
 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-VILLAGE**

(360) 779-3777 Fax: 779-3797  
 (360) 779-3764 Fax: 779-9740  
 19505 7th Avenue  
 Poulsbo, WA 98370  
 Located next to Rite Aid

**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.

**PORT ORCHARD SATELLITE**

(360) 287-4662 Fax: 251-0225  
 1730 SE Mile Hill Dr., #100  
 Port Orchard, WA 98366

**SILVERDALE SATELLITE**

(360) 639-4540 Fax: 251-0232  
 3909 NW Randall Way  
 Silverdale, WA 98383



AND SPORTS CLINICS

www.KitsapPT.com

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

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

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

Total \_\_\_\_\_

**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.**

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.