



**Muscular, Joint, Neurological & Structural Assessment**

Name \_\_\_\_\_ Date \_\_\_\_\_

0 = never 1 = mild 2 = moderate 3 = severe

**Muscular Assessment**

experience muscle cramps	0	1	2	3
frequent muscle spasms	0	1	2	3
low back pain	0	1	2	3
leg muscles cramp at night	0	1	2	3
muscles are tight	0	1	2	3
muscular discomfort / pain	0	1	2	3
muscle stiffness all over	0	1	2	3
muscle stiffness after good night sleep	0	1	2	3
irresistable urge to move legs	0	1	2	3

**Joint Assessment**

mild early morning stiffness	0	1	2	3
loss or restriction of joint mobility	0	1	2	3
pain worse after using joint	0	1	2	3
stiffness after periods of rest	0	1	2	3
creaking / cracking of joints	0	1	2	3
tenderness / swelling in joints	0	1	2	3
diagnosed with osteo-arthritis	0	1	2	3
persistent low grade fever	0	1	2	3
painful, swollen joints	0	1	2	3
severe joint pain with inflammation	0	1	2	3
diagnosed with rheumatoid arthritis	0	1	2	3
loss of range of joint motion	0	1	2	3
persistent back pain	0	1	2	3
localised joint pain / tenderness	0	1	2	3
prone to injury	0	1	2	3
do you have tendonitis?	Y	/	N	
do you have bursitis?	Y	/	N	
do you have a slipped disc?	Y	/	N	
do you have a herniated disc?	Y	/	N	
are you recovering from a current injury?	Y	/	N	

**Neurological Assessment**

pins and needles	0	1	2	3
numbness	0	1	2	3
loss of sensation	0	1	2	3
loss of power ( arms / legs )	0	1	2	3
referred pain	0	1	2	3
feeling of weakness	0	1	2	3

**Pain Description**

constant	0	1	2	3
on moving	0	1	2	3
on walking	0	1	2	3
on standing	0	1	2	3
on sitting	0	1	2	3
lying face down	0	1	2	3
lying face up	0	1	2	3
side lying (right )	0	1	2	3
side lying ( left )	0	1	2	3
sharp / acute	0	1	2	3
dull / aching	0	1	2	3

**Structural Assessment**

can't stand straight	0	1	2	3
leaning to one side	0	1	2	3
limping	0	1	2	3
difficulty walking	0	1	2	3
difficulty moving limbs	0	1	2	3

**Summary**

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