Residual Functional Capacity Questionnaire
CERVICAL SPINE

Patient: _____

DOB: _____

Physician completing this form: _____

Please complete the following questions regarding this patient's impairments and attach all supporting treatment notes, radiologist reports, laboratory and test results.

Symptoms & Diagnosis

What diagnoses has this patient received? _____

_____

Describe the patient's symptoms, such as pain, dizziness, fatigue, etc. _____

_____

_____

Does the patient have chronic pain/paresthesia? ☐ Yes ☐ No

Describe the patient's type of pain, location, frequency, precipitating factors, and severity. _____

_____

_____

Please indicate all positive objective signs exhibited by the patient:

☐ Abnormal posture	☐ Atrophy	☐ Chronic fatigue	☐ Crepitus
☐ Drops things	☐ Joint Swelling	☐ Joint Redness	☐ Joint Warmth
☐ Impaired appetite	☐ Impaired sleep	☐ Lack of coordination	☐ Motor loss
☐ Muscle spasm	☐ Muscle weakness	☐ Reduced grip strength	☐ Reflex changes
☐ Sensory changes	☐ Spastic gait	☐ Spastic gait	☐ Swelling
☐ Tenderness	☐ Weight change		

☐ Other: _____

Does the patient have significant limitation of motion? ☐ Yes ☐ No

If yes, please indicate cervical range of motion:

Extension _____%	Flexion _____%
Left Rotation _____%	Right Rotation _____%
Left Lateral Bending _____%	Right Lateral Bending _____%

Does the patient experience severe headaches associated with the cervical spine? ☐Yes ☐No

If yes, how often do these headaches occur? ____ per week ____ per month

How long does a typical headache last? ____ minutes ____ hours

Mark any remedies that minimize the patient's headaches

☐ Cold Pack	☐ Darkness	☐ Hot Pack
☐ Lie Down	☐ Medication	☐ Silence

☐ Other: _____

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Please indicate other symptoms associated with the patient's headaches.

☐ Exhaustion ☐ Impaired appetite ☐ Impaired sleep ☐ Inability to concentrate
☐ Malaise ☐ Mental confusion ☐ Mood changes ☐ Nausea/vomiting
☐ Photosensitivity ☐ Vertigo ☐ Visual disturbances ☐ Weight change
☐ Other: _____

What is the earliest date that the above description of limitations applies? _____

Have these symptoms lasted (or are they expected to last) twelve months or longer? ☐ Yes ☐ No

Are this patient's symptoms and functional limitations impacted by emotional factors? ☐ Yes ☐ No

If yes, please mark any known psychological conditions that affect this patient's pain:

☐ Depression ☐ Anxiety ☐ Somatoform disorder ☐ Personality disorder
☐ Other: _____

Are these physical and emotional impairments reasonably consistent with the patient's symptoms and functional limitations? ☐ Yes ☐ No

If no, please explain: _____

_____

Testing & Treatments

Identify any positive clinical findings and test results: _____

_____

_____

List all attempted treatments and medications, the patient's response, and exhibited side effects.

_____

_____

_____

Please list the patient's current medications: _____

_____

Please indicate the treatment type, start dates, and frequency: _____

_____

_____

What is the patient's prognosis? _____

Is this patient a malingerer? ☐ Yes ☐ No

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Functional Work Limitations

When answering the following questions, please consider this patient's impairments and estimate his or her ability to work in a competitive work environment for an 8-hour shift with normal breaks.

How often do you expect this patient's pain or symptoms to interfere with the attention and concentration necessary to perform simple work tasks?

- ☐ Never
- ☐ Rarely (1% to 5% of an 8 hour working day)
- ☐ Occasionally (6% to 33% of an 8 hour working day)
- ☐ Frequently (34% to 66% of an 8 hour working day)
- ☐ Constantly

How well do you expect this patient to be able to tolerate work stress?

- ☐ Incapable of even "low stress" jobs
- ☐ Only capable of low stress jobs
- ☐ Moderate stress is okay
- ☐ Capable of high stress situations

Explain: _____

Is this patient taking any medications with side effects that may affect his or her ability to work?

☐ Yes ☐ No

If yes, please list possible side effects. _____

_____

How far can this patient walk without rest or severe pain? _____

How long can this patient sit comfortably at one time before needing to get up?

Minutes: 0 5 10 15 20 30 45

Hours: 1 2 Longer than 2

What must the patient usually do after sitting this long?

☐ Stand ☐ Walk ☐ Lie Down ☐ Other: _____

How long can this patient stand comfortably at one time before needing to sit or walk around?

Minutes: 0 5 10 15 20 30 45

Hours: 1 2 Longer than 2

What must the patient usually do after sitting this long?

☐ Sit ☐ Walk ☐ Lie Down ☐ Other: _____

How long can this patient sit in an 8-hour working day?

- ☐ less than 2 hours
- ☐ about 2 hours
- ☐ about 4 hours
- ☐ at least 6 hours

How long can this patient stand and/or walk in an 8-hour working day?

- ☐ less than 2 hours
- ☐ about 2 hours
- ☐ about 4 hours
- ☐ at least 6 hours

Does this patient need to include periods of walking in an 8-hour working day?

☐ Yes ☐ No

If yes, how often? 5 10 15 20 30 45 60 90 minutes

For how many minutes? 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

Does this patient require a job that allows the opportunity to change between sitting, standing and walking at will? ☐ Yes ☐ No

Does this patient require unscheduled breaks?

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☐ Yes ☐ No
If yes, how often? _____
During this time, this patient will need to ☐ lie down ☐ rest head on high back chair ☐ other (describe)_____ for _____ minutes.

With prolonged sitting, should this patient's leg(s) be elevated?
☐ Yes ☐ No
If yes, for what percentage of time in an 8-hour day? _____%

During occasional standing/walking, does this patient require a cane or other assistive device?
☐ Yes ☐ No

How many pounds can this patient lift and carry?

	Never	Rarely	Occasionally	Frequently
Less than 10 lbs.	☐	☐	☐	☐
10 lbs.	☐	☐	☐	☐
20 lbs.	☐	☐	☐	☐
50 lbs.	☐	☐	☐	☐

How often can your patient perform the following activities?

	Never	Rarely	Occasionally	Frequently
Twist	☐	☐	☐	☐
Stoop (bend)	☐	☐	☐	☐
Crouch	☐	☐	☐	☐
Climb ladders	☐	☐	☐	☐
Climb stairs	☐	☐	☐	☐
Hold head in static position	☐	☐	☐	☐
Look down	☐	☐	☐	☐
Look up	☐	☐	☐	☐
Turn head left or right	☐	☐	☐	☐

Does this patient have significant limitations with repetitive reaching, handling or fingering?
☐ Yes ☐ No
If yes, please indicate the percentage of time this patient can perform the following activities:
Using hands to grasp, turn and twist objects Right _____% Left _____%
Using fingers for fine manipulation Right _____% Left _____%
Using arms to reach out and overhead Right _____% Left _____%

Are this patient's impairments likely to produce "good days" and "bad days"?
☐ Yes ☐ No
If yes, please estimate, on average, how many days per month your patient is likely to be absent from work as a result of the impairments or treatment:
☐ Never ☐ About three days per month
☐ About one day per month ☐ About four days per month
☐ About two days per month ☐ More than four days per month

Please describe any other limitations that might affect this patient's ability to work at a regular job on a sustained basis, such as psychological issues, limited vision or hearing, or the inability to adjust to temperature, wetness, humidity, noise, dust, fumes, gases or hazards, etc.

_____

_____

_____

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Please describe additional tests or clinical findings not described on this form that clarify the severity of the patient's impairments.

_____

_____

_____

Completed by:

_____ _____

Physican's Printed Name Physician's Signature

_____ _____

Address Date

_____

_____

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