Residual Functional Capacity Questionnaire
POSTPOLIO SEQUELAE

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

Does your patient suffer from postpolio sequelae? ☐ Yes ☐ No

If yes, identify impairments associated with the residuals of polio:

- ☐ Early advanced degenerative arthritis related to long-standing postural imbalance
- ☐ Postpolio syndrome (late effects of poliomyelitis)
- ☐ Respiratory insufficiency linked to weakening of respiratory musculature
- ☐ Sleep disorders related to respiratory insufficiency
- ☐ Mental disorder related to any of the above

What other 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 gait	☐ Abnormal imaging study	☐ Abnormal polysomnography
☐ Abnormal posture	☐ Abnormal pulmonary function study	☐ Behavioral changes
☐ Cognitive changes	☐ Excessive daytime drowsiness	☐ Fatigue
☐ Intolerance to cold	☐ Joint pain	☐ Muscle atrophy
☐ Muscle pain	☐ Musculoskeletal deformity	☐ Positive EMG
☐ Reduced peripheral reflexes	☐ Scoliosis	☐ Shortness of breath
☐ Sleep apnea	☐ Slowly progressive muscle weakness	☐ Other:_____

Please indicate all associated psychological problems and limitations exhibited by the patient:

☐ Anxiety	☐ Cognitive limitations	☐ Depression
☐ Impaired attention and concentration	☐ Impaired short term memory	☐ Personality change
☐ Reduced ability to attend to tasks	☐ Reduced ability to persist in tasks	☐ Social withdrawal

☐ 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:_____

_____

_____

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

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: _____

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?

☐ Yes ☐ No

If yes, how often? ?_____ For how long?_____

For which symptoms?

☐ Chronic fatigue ☐ Medication Side Effects

☐ Muscule weakness ☐ Pain/Paresthesias/Numbness

☐ Other:_____

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? _____%

For which symptoms?

☐ Chronic fatigue ☐ Medication Side Effects

☐ Muscule weakness ☐ Pain/Paresthesias/Numbness

☐ Other:_____

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	☐	☐	☐	☐

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 _____%

For which symptoms?

☐ Motor Loss ☐ Pain/Paresthesias ☐ Swelling
☐ Weakness ☐ Other:_____

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.

_____

_____

_____

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

_____

_____