

QUICK ELBOW SELF- ASSESSMENT

physica

IF YOU ARE UNABLE TO AGREE TO ALL OF THE TASKS LISTED YOU SHOULD GET YOUR ELBOW ASSESSED BY ONE OF OUR **MUSCULOSKELETAL PHYSIOTHERAPISTS**



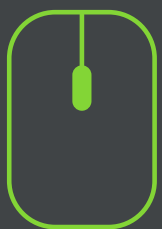
1. I CAN LIFT OBJECTS WITHOUT PAIN

YES

NO



2. I CAN SQUEEZE OBJECTS WITHOUT PAIN



3. I CAN OPERATE MY PC / MOUSE WITHOUT PAIN



4. MY ELBOW DOES NOT DISTURB MY SLEEP



5. I CAN PLAY SPORT WITHOUT PAIN



6. I CAN SHAKE HANDS WITHOUT FEELING PAIN



OUR TEAM AT PHYSICA IS HERE TO HELP YOU REGAIN YOUR HEALTH AND ACTIVITY. CONTACT ONE OF OUR TEAM FOR A CHECKUP FROM ONE OF OUR **PHYSIOTHERAPISTS**

RINGWOOD | CHIRNSIDE PARK | KNOXFIELD