

Pinnacle Psychology Associates, PLC
44121 E. Harry Byrd Hwy
Suite 255
Ashburn, VA 20147

Sport Injury Intake Form

Name: _____ Date: _____

Sport: _____ Position: _____

Years played: _____ Team Affiliation: _____

Coach: _____ Assistant Coach: _____

Date of Injury: _____ Injury Diagnosis: _____

Please describe in your own words how the injury occurred: _____

Type of Injury: (Circle) Short-term Season-ending Career-ending

Does/did your injury require surgery? Yes No

Date of surgery: _____ Location of Surgery: _____

Length of hospital stay: _____ Complications from surgery? Yes No

If yes, list the complications: _____

Other important information about your surgery: _____

Orthopedic Physician: _____ Practice Affiliation: _____

Address: _____ Phone: _____

Physical Therapist: _____ Practice Affiliation: _____

Address: _____ Phone: _____

Expected length of your rehabilitation: _____

Frequency of your rehabilitation: _____

What is your reason for seeking support? _____

Have you worked with a clinical or sport psychologist in the past? Yes No

How many times? _____ Who provided therapy to you? _____

Why did you seek help in the past? _____

Please circle the emotions that you have felt most frequently:

| ANGRY | DEPRESSED | CONFUSED | HELPLESS |
|------------|--------------|---------------|------------|
| irritated | lousy | upset | incapable |
| enraged | disappointed | doubtful | alone |
| hostile | discouraged | uncertain | paralyzed |
| insulting | ashamed | indecisive | fatigued |
| sore | powerless | perplexed | useless |
| annoyed | diminished | embarrassed | inferior |
| upset | guilty | hesitant | vulnerable |
| hateful | dissatisfied | shy | empty |
| unpleasant | miserable | stupefied | forced |
| offensive | detestable | disillusioned | hesitant |
| bitter | repugnant | unbelieving | despair |
| aggressive | despicable | skeptical | frustrated |
| resentful | disgusting | distrustful | distressed |
| inflamed | abominable | misgiving | woeful |
| provoked | terrible | lost | pathetic |
| incensed | in despair | unsure | tragic |
| infuriated | sulky | uneasy | in a stew |
| cross | bad | pessimistic | dominated |

Emotions not listed above or additional details you would like to provide:

List all previous injuries that you have sustained:

| Injury Diagnosis | Date of Injury | Length of Rehab. | Outcome |
|------------------|----------------|------------------|---------|
|------------------|----------------|------------------|---------|

Please identify the individuals that are a support for you:

| Name | Relationship | Length of Relationship |
|------|--------------|------------------------|
|------|--------------|------------------------|

Other important information about your injury:
