

THOMPSON, THOMPSON & GLANVILLE, PLC

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PERSONAL INJURY CLIENT ACTIVITIES LIST

Date: _____ Full Name: _____
First Middle Last

ATTORNEY - CLIENT COMMUNICATION

LIST OF ACTIVITIES OF DAILY LIVING WHICH MAY OR MAY NOT BE AFFECTED BY PERSONAL INJURIES WHICH COULD RESULT IN AN INABILITY TO LEAD A NORMAL LIFE.

PLEASE CIRCLE WHAT ACTIVITIES, IF ANY, YOUR INJURIES HAVE HAD AN IMPACT ON AND RETURN TO OUR OFFICE.

SPORTS, RECREATION & HOBBIES

Archery	Meditating	Pool
Horseshoes	Camping	Scuba Diving
Softball	Volleyball	Snorkeling
Baseball	Paddleball	Situps
Football	Handball	Pushups
Running/Jogging	Paragliding	Yoga
Walking	High Jumping	Building Models
Bowling	Discus Throwing	Martial Arts
Snow Skiing (Downhill)	Javelin Throwing	Street Hockey
Skiing (Cross Country)	Shooting	Stickball
Swimming	Rugby	Soccer
Golf	Bungee Jumping	Gymnastics
Tennis	Hunting	Getting in and out of bed
Painting	Sailing	Windsurfing
Reading	Motorcycling	Use a Pogo Stick
	Darts	Sewing

Crocheting
Quilting
Quoits
Snowshoeing
Knitting
Frisbee Throwing
Aerobics
Weight Lifting
Biking
Camping
Badminton
Horse Riding
ATV Riding

Basketball
Squash
Racquetball
Parachuting
Climbing
Ice Hockey
Ice Skating
In Line Skating
(Rollerblading)
Rafting
Canoeing
Snowmobiling

Jet Skiing
Cricket
Platform Tennis
Wrestling
Surfing
Boogie Boarding
Snowboarding
Collecting Coins, Stamps,
Cards
Hiking
Fishing
Bird Watching

SOCIAL ACTIVITIES

Dancing
Cruises
Visiting Family
Visiting a Battlefield
Going to Disney World
Visiting Friends
Going to Parties
Attending Church
Entertaining
Meeting New People
Eating Out
Sightseeing
Going to Antique Shows or
Flea Markets
Going to Movies
Going to the Library
Going to the Zoo

Holidays
- New Year's Eve
- New Year's Day
- Memorial Day
- Labor Day
- Yom Kippur
- Rosh Hashana
- Easter
- Hanukkah
- Christmas
- Halloween
- Mother's Day
- Father's Day
- 4th of July
- Thanksgiving
Going to a Museum
Going to a Parade
Walking

Driving Car
Attending Synagogue
Reading
Listening to Music
Shopping
Vacations
Going to Concerts, Games
Events
Picnics
Going on Amusement
Rides
Barbeque
Going to the Beach
Singing

WORK AROUND THE HOME

Cooking

Stirring	Inserting Leaves in Table	Taking Things Out of Freezer or OvenFrying
Basting	Cutting	Using a Cookbook
Holding Pans or Pots	Pouring	Turning Knobs on Appliances
Slicing	Setting Table	Using Garlic Press
	Lifting	

Cleaning

Doing Dishes	Carrying Loads of Laundry	Putting Away Dishes
Scrubbing Pans	Ironing	Making Bed
Mopping	Waxing Floors	Cleaning Fans
Dusting	Raising & Lowering	Carrying Pails of Water
Beating Rugs	Windows	Folding Laundry
Changing Bed Linens	Vacuuming	Shampooing Rugs
Cleaning Windows	Cleaning Floors	Polishing
Ladder Climbing	Sweeping	Cleaning Bathtub, Sink & Toilet
	Using a Dishwasher	

HOUSE & YARD WORK

Mulching	Using a Screwdriver	Taking Out Trash
Installing Shelves	Using a Wrench	Filling Bird Feeders
Pushing Car Out of Snow	Arranging Flowers	Hanging Curtains, Blinds
Putting & Removing Items from Attic or Basement	Stacking Wood	Putting in Storm Windows
Spackling	Putting in and Taking out Air Conditioner	Setting Clocks
Fixing Leaks	Shoveling Driveway & Walks	Fixing Potholes in Driveway
Using a Drill	Raking & Bagging Leaves	Cutting Down Trees
Scrapping Walls	Walking Dog	Cleaning Gutters
Putting up TV Antenna	Feeding Dog	Climbing a Ladder
Getting on a Roof	Screens	Changing Batteries in
Pushing a Wheelbarrow	Getting Mail	Smoke Alarms
		Cleaning Interior of Car

Repairing Windows
Moving Furniture
Chopping Wood
Fixing Clogged Toilet
Painting
Hanging Paintings
Hammering
Sawing
Mowing Grass
Weeding
Pruning
Fertilizing

Spraying
Watering Lawn
Planting Flowers or Shrubs
Digging
Putting in Anti-Freeze
Changing Oil in Car
Changing Tires
Washing Car
Cutting Hay
Starting a Fire
Installing Fire Alarms
Putting up Holiday
Decorations

Picking up Clothes, Toys,
etc.
Cleaning Pool
Hooking up Stereos, TVs,
Computers
Using a Fire Extinguisher
Gardening
Changing Light Bulbs
Tree Trimming
Tree Climbing
Splitting Wood
Clearing Brush & Growth
Use a Chainsaw

ACTIVITIES WITH
CHILDREN

Birth
Carrying
Feeding
Bathing
Changing Diapers
Picking up After Them
Pushing Stroller
Hugging
Running After Them
Disciplining Them
Brushing Their Teeth
Shampooing Their Hair
Towelng Them Dry

Giving Piggy Back Rides
Tucking Them in Bed
Taking Them to the Movies,
Sports, Parks, Amusements
Wrestling with Them
Putting Them on Shoulders
Rocking
Playing with Them
Carrying Them on a
Backpack
Holding
Kissing
Teaching Them Sports &
Activities Driving Them
Giving a Bottle

Washing Their Hands &
Faces
Combing Their Hair
Drying Their Hair
Catching Bugs
Looking at Clouds
Coloring & Painting with
Them
Taking Them to Beach
Packing Lunches
Tying Children's Shoes
Cooking with Them
(Teaching How)
Dressing Them
Cuddling Them

PERSONAL ACTIVITIES

Bathing
Shampooing
Brushing Teeth
Toilet Care
Cutting Toe Nails or Finger
Nails
Gargling
Putting on Clothes
Buttoning
Cutting Food
Swallowing

Tying a Tie
Applying Hair Treatments
Putting on Nail Polish
Putting Rollers in Hair
Unscrewing Jars & Bottles
Opening Pop Top Cans
Driving Stick Shift
Zippering
Chewing
Writing
Showering
Shaving

Flossing
Combing or Brushing Hair
Applying Makeup
Cleaning Ears
Applying Deodorant
Putting on Cufflinks
Putting on Bracelets,
Watches
Necklaces
Using Hair Dryer
Climbing Stairs
Tying Shoes

MISCELLANEOUS

Carrying Luggage
Driving a Car
Dialing a Telephone
Sleeping
Getting In and Out of Car
Typing
Holding a Telephone
Pumping Gas
Using a Dictaphone
Feeding a Pet
Kneeling in Church or
Synagogue

Carrying Groceries
Wearing High Heels
Carrying Umbrella
Staying Up Late
Put On and Wear Boots
Use a Swing
Use a Cane
Turning Lights On & Off
Holding a Mug
Carrying a Briefcase
Using a Channel Changer
Using a Computer
Walking on Ice or Uneven
Surfaces

Wrapping Presents
Carrying a Purse
Trying on Clothes
Getting Up Early
Avoid Danger
Go Down a Slide
Use Crutches
Holding a Book, Newspaper
or Magazine
Winding a Watch
Changing Litter Box
Grooming & Washing Pet

INTER-PERSONAL

Sexual
Caressing

Touching
Feeling Attractive
Hugging

Massaging
Kissing
Flirting

PHYSICAL FUNCTIONS

Standing
Squatting
Bending to Side
Holding
Crouching
Bending Over
Lifting
Kicking
Climbing
Sitting

Scratching
Standing on One Foot
Hopping
Jumping
Eating
Chewing
Standing on Your Toes
Smelling
Running
Twisting

Stretching
Touching Toes
Doing a Handstand
Skipping
Drinking
Smoking
Whistling
Tasting
Walking
Crawling

EMOTIONAL/PSYCHIATRIC

Depression
Memory Loss
Confusion
Irritability
Loneliness
Anger
Suicidal
Preoccupied
Nightmares
Hearing Loss
Balance Problems

Flashbacks
Spelling Problems
Lack of Sexual Interest
Anxiety
Short Temper
Paranoia
Delay
Isolation
Fear
Self-Doubt
Worried
Obsessed

Sweats
Visual Problems
Lack of Coordination
Can't Find Right Word
Phobias
Impotence
Insecurity
Humiliation
Scarring
Embarrassment

FINANCIAL

Making Money
Buying a House
Buying New Furniture
Going Out to Dinner
Going to Movies, Plays, etc
Putting Money Away for

Children's Education
Buying Household Goods
and Furnishings
Paying for Health Insurance
Saving Money
Buying a New Car
Buying New Clothes

Going on Vacation
Funding an IRA
Pension Contributions
Buying Toys, Games, etc.,
for Children