

# 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	Basketball	Jet Skiing
Quilting	Squash	Cricket
Quoits	Racquetball	Platform Tennis
Snowshoeing	Parachuting	Wrestling
Knitting	Climbing	Surfing
Frisbee Throwing	Ice Hockey	Boogie Boarding
Aerobics	Ice Skating	Snowboarding
Weight Lifting	In Line Skating	Collecting Coins, Stamps,
Biking	(Rollerblading)	Cards
Camping	Rafting	Hiking
Badminton	Canoeing	Fishing
Horse Riding	Snowmobiling	Bird Watching
ATV Riding		

**SOCIAL ACTIVITIES**

Dancing	Holidays	Driving Car
Cruises	- New Year's Eve	Attending Synagogue
Visiting Family	- New Year's Day	Reading
Visiting a Battlefield	- Memorial Day	Listening to Music
Going to Disney World	- Labor Day	Shopping
Visiting Friends	- Yom Kippur	Vacations
Going to Parties	- Rosh Hashana	Going to Concerts, Games
Attending Church	- Easter	Events
Entertaining	- Hanukkah	Picnics
Meeting New People	- Christmas	Going on Amusement
Eating Out	- Halloween	Rides
Sightseeing	- Mother's Day	Barbeque
Going to Antique Shows or	- Father's Day	Going to the Beach
Flea Markets	- 4 <sup>th</sup> of July	Singing
Going to Movies	- Thanksgiving	
Going to the Library	Going to a Museum	
Going to the Zoo	Going to a Parade	
	Walking	

## **WORK AROUND THE HOME**

### **Cooking**

Stirring

Basting

Holding Pans or Pots

Slicing

Inserting Leaves in Table

Cutting

Pouring

Setting Table

Lifting

Taking Things Out of Freezer or Oven  
Frying

Using a Cookbook

Turning Knobs on Appliances

Using Garlic Press

### **Cleaning**

Doing Dishes

Scrubbing Pans

Mopping

Dusting

Beating Rugs

Changing Bed Linens

Cleaning Windows

Ladder Climbing

Carrying Loads of Laundry

Ironing

Waxing Floors

Raising & Lowering

Windows

Vacuuming

Cleaning Floors

Sweeping

Using a Dishwasher

Putting Away Dishes

Making Bed

Cleaning Fans

Carrying Pails of Water

Folding Laundry

Shampooing Rugs

Polishing

Cleaning Bathtub, Sink & Toilet

### **HOUSE & YARD WORK**

Mulching

Installing Shelves

Pushing Car Out of Snow

Putting & Removing Items from Attic or Basement  
Spackling

Fixing Leaks

Using a Drill

Scrapping Walls

Putting up TV Antenna

Getting on a Roof

Pushing a Wheelbarrow

Using a Screwdriver

Using a Wrench

Arranging Flowers

Stacking Wood

Putting in and Taking out Air

Conditioner

Shoveling Driveway & Walks

Raking & Bagging Leaves

Walking Dog

Feeding Dog

Screens

Getting Mail

Taking Out Trash

Filling Bird Feeders

Hanging Curtains, Blinds

Putting in Storm Windows

Setting Clocks

Fixing Potholes in Driveway

Cutting Down Trees

Cleaning Gutters

Climbing a Ladder

Changing Batteries in

Smoke Alarms

Cleaning Interior of Car

Repairing Windows	Spraying	Picking up Clothes, Toys, etc.
Moving Furniture	Watering Lawn	Cleaning Pool
Chopping Wood	Planting Flowers or Shrubs	Hooking up Stereos, TVs, Computers
Fixing Clogged Toilet	Digging	Using a Fire Extinguisher
Painting	Putting in Anti-Freeze	Gardening
Hanging Paintings	Changing Oil in Car	Changing Light Bulbs
Hammering	Changing Tires	Tree Trimming
Sawing	Washing Car	Tree Climbing
Mowing Grass	Cutting Hay	Splitting Wood
Weeding	Starting a Fire	Clearing Brush & Growth
Pruning	Installing Fire Alarms	Use a Chainsaw
Fertilizing	Putting up Holiday Decorations	

**ACTIVITIES WITH**

**CHILDREN**

Birth	Giving Piggy Back Rides	Washing Their Hands & Faces
Carrying	Tucking Them in Bed	Combing Their Hair
Feeding	Taking Them to the Movies, Sports, Parks, Amusements	Drying Their Hair
Bathing	Wrestling with Them	Catching Bugs
Changing Diapers	Putting Them on Shoulders	Looking at Clouds
Picking up After Them	Rocking	Coloring & Painting with Them
Pushing Stroller	Playing with Them	Taking Them to Beach
Hugging	Carrying Them on a Backpack	Packing Lunches
Running After Them	Holding	Tying Children's Shoes
Disciplining Them	Kissing	Cooking with Them (Teaching How)
Brushing Their Teeth	Teaching Them Sports & Activities	Dressing Them
Shampooing Their Hair	Driving Them	Cuddling Them
Towelng Them Dry	Giving a Bottle	

**PERSONAL ACTIVITIES**

Bathing	Tying a Tie	Flossing
Shampooing	Applying Hair Treatments	Combing or Brushing Hair
Brushing Teeth	Putting on Nail Polish	Applying Makeup
Toilet Care	Putting Rollers in Hair	Cleaning Ears
Cutting Toe Nails or Finger Nails	Unscrewing Jars & Bottles	Applying Deodorant
Gargling	Opening Pop Top Cans	Putting on Cufflinks
Putting on Clothes	Driving Stick Shift	Putting on Bracelets, Watches
Buttoning	Zippering	Necklaces
Cutting Food	Chewing	Using Hair Dryer
Swallowing	Writing	Climbing Stairs
	Showering	Tying Shoes
	Shaving	

**MISCELLANEOUS**

Carrying Luggage	Carrying Groceries	Wrapping Presents
Driving a Car	Wearing High Heels	Carrying a Purse
Dialing a Telephone	Carrying Umbrella	Trying on Clothes
Sleeping	Staying Up Late	Getting Up Early
Getting In and Out of Car	Put On and Wear Boots	Avoid Danger
Typing	Use a Swing	Go Down a Slide
Holding a Telephone	Use a Cane	Use Crutches
Pumping Gas	Turning Lights On & Off	Holding a Book, Newspaper or Magazine
Using a Dictaphone	Holding a Mug	Winding a Watch
Feeding a Pet	Carrying a Briefcase	Changing Litter Box
Kneeling in Church or Synagogue	Using a Channel Changer	Grooming & Washing Pet
	Using a Computer	
	Walking on Ice or Uneven Surfaces	

**INTER-PERSONAL**

Sexual	Touching	Massaging
Caressing	Feeling Attractive	Kissing
	Hugging	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