

# LifeConnections Health Center

Nurturing health through the human connection

Services delivered by North First Street Medical Group

## GLOBAL RATING OF CHANGE SCALE (GROC)

Thank you for the opportunity to assist in your rehabilitation. The following rating scale allows us to review the overall outcome of your condition with physical therapy intervention. It allows us to review your physical therapy outcome, which helps guide our treatment to better serve our patients in the future. The Global Rating of Change (GROC) has been well documented and extensively used in research as an outcome measure as well as to compare outcome measures.

Please rate the overall condition of your injured body part or region *FROM THE TIME THAT YOU BEGAN TREATMENT UNTIL NOW* (Check only one):

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> A very great deal worse (-7) | <input type="checkbox"/> About the same (0) | <input type="checkbox"/> A very great deal better (7) |
| <input type="checkbox"/> A great deal worse (-6)      |   | <input type="checkbox"/> A great deal better (6)      |
| <input type="checkbox"/> Quite a bit worse (-5)       |   | <input type="checkbox"/> Quite a bit better (5)       |
| <input type="checkbox"/> Moderately worse (-4)        |   | <input type="checkbox"/> Moderately better (4)        |
| <input type="checkbox"/> Somewhat worse (-3)          |   | <input type="checkbox"/> Somewhat better (3)          |
| <input type="checkbox"/> A little bit worse (-2)      |   | <input type="checkbox"/> A little bit better (2)      |
| <input type="checkbox"/> A tiny bit worse (-1)        |   | <input type="checkbox"/> A tiny bit better (1)        |

From: Jaeschke R, Singer J, Guyatt GH. Measurement of health status. Ascertaining the minimal clinically important difference. Control Clin Trials 1989; 407-15.

• 3571 North First Street, Suite 200 • San Jose, CA 95134 •

• Phone: 424.2000 • Fax: 408.321.8710 •

[www.ciscolifeconnections.com](http://www.ciscolifeconnections.com)