Department of Veterans Affairs MUSCLE INJURIES DISABILITY BENEFITS QUESTIONNAIRE							
IMPORTANT - THE DEPARTMENT OF VETERANS AFFAIRS (VA) <i>WILL NOT PAY</i> OR <i>REIMBURSE</i> ANY EXPENSES OR COST INCURRED IN THE PROCESS OF COMPLETING AND/OR SUBMITTING THIS FORM. PLEASE READ THE PRIVACY ACT AND RESPONDENT BURDEN INFORMATION BEFORE COMPLETING FORM.							
NAME OF PATIENT/VETERAN	PATIENT	PATIENT/VETERAN'S SOCIAL SECURITY NUMBER					
NOTE TO PHYSICIAN - Your patient is applying to the U.S. Department of Veterans Affairs (VA) for disability benefits. VA will consider the information you provide on this questionnaire as part of their evaluation in processing the veteran's claim.							
SECTION I - DIAGNOSIS							
1A. DOES THE VETERAN NOW HAVE OR HAS HE OR SHE EVER BEEN DIAGNOSED WITH A MUSCLE INJURY?							
1B. PROVIDE ONLY DIAGNOSES THAT PERT	AIN TO MUSCLE INJURIES:						
DIAGNOSIS #1 -	ICD CODE -	DATE OF DIAGNOSIS -	SIDE AFFECTED				
DIAGNOSIS #2 -	ICD CODE -	DATE OF DIAGNOSIS -	SIDE AFFECTED				
DIAGNOSIS #3 -	ICD CODE -	DATE OF DIAGNOSIS -	SIDE AFFECTED				
NOTE - If there are multiple muscle injuries, complete the assessment for all muscle injuries on this questionnaire, if possible. If unable to complete assessment for all muscle injuries on this questionnaire, also complete an additional questionnaire for each additional injury. If the veteran has or has had a muscle injury that results in any conditions that are not covered in this questionnaire, also complete any other appropriate questionnaires (e.g., if peripheral nerve injury also exists due to the muscle injury, complete VA Form 21-0960C-10, Peripheral Nerve Conditions (not including diabetic sensory-motor peripheral neuropathy) Disability Benefits Questionnaire.							
2A. DOES THE VETERAN HAVE A PENETRATI		Y OF MUSCLE INJURY					
		not of shell fragment wound):					
2B. DOES THE VETERAN HAVE A NON-PENET	TRATING MUSCLE INJURY (such as a	muscle strain, torn Achilles tendon	or torn quadriceps muscle)?				
2C. DESCRIBE THE HISTORY (including onset	and course) OF THE VETERAN'S MU	SCLE INJURY (brief summary)					
2D. DOMINANT HAND							
	S						
		ON OF MUSCLE INJURY					
NOTE - For VA purposes, muscles are classif muscle group(s) involved.		,	's muscle injury(ies) by checking the				
3. DOES THE VETERAN NOW HAVE OR HAS I		RDLE AND ARM MUSCLE GROUP OF THE SHOULD	ER GIRDLE OR ARM?				
YES NO (If "Yes," check muscle group(s) and	side affected (check all that apply)						
GROUP I: Extrinsic muscles of shoulder girdle: trapezius, levator scapulae, serratus magnus Function: Upward rotation of scapula, elevation of arm above shoulder level Side affected: Right Left Both GROUP II: Muscles of shoulder girdle: pectoralis major, latissimus dorsi and teres major, pectoralis minor, rhomboid Function: Depression of arm from vertical overhead to hanging at side, downward rotation of scapula, forward and backward swing of arm							
Side affected: Right Left Both GROUP III: Intrinsic muscles of shoulder girdle: pectoralis major, deltoid Function: Elevation and abduction of arm to level of shoulder, forward and backward swing of arm							
Side affected: Right Left Both GROUP IV: Shoulder girdle muscles: supraspinatus, infraspinatus and teres minor, subscapularis, coracobrachialis Function: Stabilization of shoulder, abduction, rotation of arm							
Side affected: Right Deft Doth GROUP V: Flexor muscles of elbow: biceps, brachialis, brachioradialis Function: Flexor of elbow							
Side affected: Right Both GROUP VI: Extensor muscles of elbow: triceps Function: Extension of elbow							
Side affected: Right Both							
VA FORM 21-0960M-10	SUPERSEDES VA FORM	21-0960M-10, JAN 2011,	Page 1				

VA FORM OCT 2012

SECTION III - LOCATION OF MUSCLE INJURY (Continued)						
FOREARM AND HAND						
4. DOES THE VETERAN NOW HAVE OR HAS HE/SHE EVER HAD AN INJURY TO A MUSCLE GROUP OF THE FOREARM OR HAND?						
YES NO						
(If "Yes," check muscle group(s) and side affected (check all that apply) GROUP VII: Muscles of forearm: flexors of the wrist, fingers and thumb						
Function: Flexion of wrist and fingers						
Side affected: Right Both						
GROUP VIII: Muscles: extensors of the wrist, fingers and thumb Function: Extension of wrist, fingers and thumb						
Side affected: Right Left Both						
GROUP IX: Intrinsic muscles of hand, including muscles in the thenar and hypothenar eminence, lumbricales, dorsal						
and palmar interossei Function: Intrinsic muscles of the hand assist in delicate manipulative movements						
Side affected: Right Left Both						
FOOT AND LEG						
5. DOES THE VETERAN NOW HAVE OR HAS HE/SHE EVER HAD AN INJURY TO A MUSCLE GROUP OF THE FOOT OR LEG?						
YES NO						
(If "Yes," check muscle group(s) and side affected (check all that apply)						
GROUP X: Muscles of the foot: flexor digitorum brevis, abductor hallucis, abductor digiti minimi, quadratus plantae, lumbricales, flexor hallucis brevis, adductor hallucis, flexor digiti minimi brevis, dorsal and plantar interossei						
Function: Movements of forefoot and toes, propulsion thrust in walking						
Side affected: Right Left Both						
GROUP XI: Muscles of the foot, ankle and calf: gastrocnemius, soleus, tibialis posterior, peroneus longus, peroneus brevis, flexor hallucis longus, flexor digitorum longus						
Function: Propulsion, plantar flexion of foot, stabilization of arch, flexion of toes						
Side affected: Right Left Both						
GROUP XII: Anterior muscles of the leg, tibialis anterior, extensor digitorum longus, extensor hallucis longus, peroneus tertius						
└─┘ Function: Dorsiflexion, extension of toes, stabilization of arch Side affected: □ Right □ Left □ Both						
PELVIC GIRDLE AND THIGH						
6. DOES THE VETERAN NOW HAVE OR HAS HE/SHE EVER HAD AN INJURY TO A MUSCLE GROUP OF THE PELVIC GIRDLE OR THIGH?						
YES NO						
(If "Yes," check muscle group(s) and side affected (check all that apply)						
GROUP XIII: Posterior thigh/hamstring muscles: biceps femoris, semimembranosus, semitendinosus Function: Flexion of knee						
Side affected: Right Left Both						
GROUP XIV: Anterior thigh muscles: sartorius, rectus femoris, quadriceps						
Function: Extension of knee						
Side affected: Right Left Both						
GROUP XV: Medial thigh muscles: adductor longus, adductor brevis, adductor magnus, gracilis Function: Adduction of hip						
Side affected: Right Left Both GROUP XVI: Pelvic girdle muscles: psoas, iliacus, pectineus						
Function: Flexion of hip						
Side affected: Right Left Both						
GROUP XVII: Pelvic girdle muscles: gluteus maximus, gluteus medius, gluteus minimus						
Function: Extension of hip, abduction of thigh, postural support of body						
Side affected: Right Left Both						
If checked, is there severe damage to muscle group XVII, such that the veteran is unable to rise from a seated and stooped position and to maintain postural stability without assistance of any type?						
GROUP XVIII: Pelvic girdle muscles: pyriformis, gemelli, obturator, guadratus femoris						
└── Function: Outward rotation of thigh and stabilization of hip joint						
Side affected: Right Both						
TORSO AND NECK						
7. DOES THE VETERAN NOW HAVE OR HAS HE/SHE EVER HAD AN INJURY TO A MUSCLE GROUP IN THE TORSO AND/OR NECK?						
(If "Yes." check muscle group(s) and side or region affected (check all that apply)						
GROUP XIX: Muscles of the abdominal wall: rectus abdominis, external oblique, internal obliques, transversalis, quadratus lumborum						
Function: Support of abdominal wall and lower thorax, flexion and lateral movement of spine Side affected: Right Left Both						
GROUP XX: Spinal muscles: sacrospinalis, erector spinae Function: Postural support of body, extension and lateral movement of the spine						
Region affected: Cervical Thoracic Lumbar						
GROUP XXI: Muscles of respiration: thoracic muscle group Function: Respiration						
Side affected: Right Left Both						
GROUP XXII: Muscles of the front of the neck: trapezius, sternocleidomastoid, hyoid muscles, sternothyroid, digastric						
Function: Rotation and flexion of the head, respiration, swallowing						
Side affected: Right Left Both						
GROUP XXIII: Muscles of the side and back of the neck: suboccipital, lateral vertebral and anterior vertebral muscles Function: Movements of the head, fixation of shoulder movements						
Side affected: Right Left Both						

SECTION IV - ADDITIONAL CONDITIONS				
8A. DOES THE VETERAN HAVE A HISTORY OF RUPTURE OF THE DIAPHRAGM WITH HERNIATION?				
(If "Yes," ALSO complete VA Form 21-0960H-1, Hernias (Including Abdominal, Inguinal, and Femoral Hernias) Disability Benefits Questionnaire)				
8B. DOES THE VETERAN HAVE A HISTORY OF AN EXTENSIVE MUSCLE HERNIA OF ANY MUSCLE, WITHOUT OTHER INJURY TO THE MUSCLE?				
YES NO (If "Yes," provide name of muscle and describe current residuals):				
8C. DOES THE VETERAN HAVE A HISTORY OF INJURY TO THE FACIAL MUSCLES?				
YES NO				
(If "Yes," complete VA Form 21-0960C-3, Cranial Nerve Conditions Disability Benefits Questionnaire or VA Form 21-0960F-1, Scars/Disfigurement Disability Benefits Questionnaire, etc., as indicated by type of residuals)				
(If "Yes," is there interference to any extent with mastication?)				
SECTION V - MUSCLE INJURY EXAM				
SCAR(S), FASCIA AND MUSCLE FINDINGS				
9A. DOES THE VETERAN HAVE ANY SCAR(S) ASSOCIATED WITH A MUSCLE INJURY?				
(If "Yes," indicate severity of scar(s) caused by the muscle injury (ies) (check all that apply if there is more than one area or type of scarring):				
Minimal scar(s)				
Entrance and (if present) exit scars are small or linear, indicating short track of missile through muscle tissue				
Entrance and (if present) exit scars indicating track of missile through one or more muscle groups				
Ragged, depressed and adherent scars indicating wide damage to muscle groups in missile track				
Adhesion of scar to one of the long bones, scapula, pelvic bones, sacrum or vertebrae, with epithelial sealing over the bone rather than true skin covering in an area where bone is normally protected by muscle				
Other (including surgical scars related to muscle injuries shown above, ALSO complete VA Form 21-0960F-1, Scars/Disfigurement				
Lisability Benefits Questionnaire):				
9B. DOES THE VETERAN HAVE ANY KNOWN FASCIAL DEFECTS OR EVIDENCE OF FASCIAL DEFECTS ASSOCIATED WITH ANY MUSCLE INJURIES?				
(If "Yes," indicate severity of fascial defect(s) caused by the muscle injury(ies) (check all that apply if there is more than one area/type of fascial defect)				
Some loss of deep fascia				
Palpation shows loss of deep fascia				
Other, describe:				
9C. DOES THE VETERAN'S MUSCLE INJURY(IES) AFFECT MUSCLE SUBSTANCE OR FUNCTION?				
YES NO				
(If "Yes," indicate effect of the muscle injury(ies) on muscle substance or function - check all that apply)				
Some impairment of muscle tonus				
Some loss of muscle substance				
Soft flabby muscles in wound area				
Muscles swell and harden abnormally in contraction				
Induration or atrophy of an entire muscle following history of simple piercing by a projectile				
Adaptive contraction of an opposing group of muscles				
Visible or measurable atrophy				
Atrophy of muscle groups not in the track of the missile, particularly of the trapezius and serratus in wounds of the shoulder girdle				
Tests of endurance or coordinated movements compared with the corresponding muscles of the uninjured side indicate severe impairment of function				
Other, describe:				

SECTION V - MUSCLE INJURY EXAM (Continued) CARDINAL SIGNS AND SYMPTOMS OF MUSCLE DISABILITY							
10. DOES THE VETERAN HAVE ANY OF THE FOLLOWING SIGNS AND/OR SYMPTOMS ATTRIBUTABLE TO ANY MUSCLE INJURIES? YES NO (If "Yes," check all that apply, and indicate side affected, muscle group and frequency/severity):							
Loss of power (If checked, indicate side affected): Right Left Both (Indicate muscle group(s) affected (I-XXIII) if possible):							
(Indicate frequency/severity): Occasional Consistent Consistent at a more severe level Weakness (If checked, indicate side affected): Right Left Both							
(Indicate frequency/severity): Occasional Consistent Consistent at a more severe level							
Indicate group(s) affected): If possible: If checked, indicate sided affected): If possible:							
(Indicate frequency/severity): Occasional Consistent Consistent at a more severe level							
(If checked, indicate side affected): Right Left Both (Indicate muscle group(s) affected (I-XXIII) if possible):							
(Indicate frequency/severity): Occasional Consistent Consistent at a more severe level							
(If checked, indicate side affected): Right Left Both (Indicate muscle group(s) affected (I-XXIII) if possible):							
(Indicate frequency/severity): Occasional Consistent Consistent at a more severe level Uncertainty of movement (If checked, indicate side affected): Right Left Both							
(Indicate muscle group(s) affected (I-XXIII) if possible): (Indicate frequency/severity): Occasional Consistent Consistent at a more severe level							
If further clarification is needed due to injuries of multiple muscle groups, describe which findings, signs and/or symptoms are attributable to each muscle injury:							

	SECTION V - MUSCLE INJURY EXAM (Continued)					
MUSCLE STRENGTH TESTING						
11A. TEST MUSCLE STRENGTH ONLY FOR AFFECTED MUSCLE GROUPS AND FOR THE CORRESPONDING SOUND (NON-INJURED) SIDE. RATE STRENGTH ACCORDING TO THE FOLLOWING SCALE:						
0/5 No muscle movement						
1/5 Visible muscle movement, but no joint me	ovement					
2/5 No movement against gravity						
3/5 No movement against resistance						
4/5 Less than normal strength						
5/5 Normal strength	Right: 5/5 4/5 3/5 2/5 1/5 0/5					
Shoulder abduction (Group III)						
Elbow flexion (Group V)	Left: 5/5 4/5 3/5 2/5 1/5 0/5 Right: 5/5 4/5 3/5 2/5 1/5 0/5					
	Left: $5/5$ $4/5$ $3/5$ $2/5$ $1/5$ $0/5$					
Elbow extension (Group VI)	Right: $5/5$ $4/5$ $3/5$ $2/5$ $1/5$ $0/5$					
	Left: $5/5$ $4/5$ $3/5$ $2/5$ $1/5$ $0/5$					
Wrist flexion (Group VII)	Right: 5/5 4/5 3/5 2/5 1/5 0/5					
	Left: 5/5 4/5 3/5 2/5 1/5 0/5					
Wrist extension (Group VIII)	Right: 5/5 4/5 3/5 2/5 1/5 0/5					
	Left: 5/5 4/5 3/5 2/5 0/5					
Hip flexion (Group XVI)	Right: 5/5 4/5 3/5 2/5 1/5 0/5					
	Left: 5/5 4/5 3/5 2/5 1/5 0/5					
Knee flexion (Group XIII)	Right: \Box 5/5 \Box $3/5$ \Box $2/5$ \Box $1/5$ \Box $0/5$					
	Left: 5/5 4/5 3/5 2/5 1/5 0/5					
Knee extension (Group XIV)	Right: $5/5$ $4/5$ $3/5$ $2/5$ $1/5$ $0/5$					
	Left: $5/5$ $4/5$ $3/5$ $2/5$ $1/5$ $0/5$					
Ankle plantar flexion (Group XI)	Right: $5/5$ $4/5$ $3/5$ $2/5$ $1/5$ $0/5$ Loft: $5/5$ $4/5$ $3/5$ $2/5$ $1/5$ $0/5$					
Antila dersiflexion (Group XII)	Left: 5/5 4/5 3/5 2/5 0/5 Right: 5/5 4/5 3/5 2/5 1/5 0/5					
Ankle dorsiflexion (Group XII)	Right: 5/5 4/5 3/5 2/5 1/5 0/5 Left: 5/5 4/5 3/5 2/5 1/5 0/5					
If other movements/muscle groups						
were tested, specify:	Left: $5/5$ $4/5$ $3/5$ $2/5$ $1/5$ $0/5$					
11B. DOES THE VETERAN HAVE MUSCLE	ATROPHY?					
	tion (such as calf, thigh, forearm, upper arm):					
(Indicate side affected):						
(Indicate muscle group(s) affected Provide measurements in centimet	l (I-XXIII) if possible): ers of normal side and atrophied side, measured at maximum muscle bulk:					
Normal side:	cm. Atrophied side: cm.					
	e than one muscle group, provide location and measurements, using the same format:					
	SECTION VI - ASSISTIVE DEVICES					
12. DOES THE VETERAN USE ANY ASSIST MAY BE POSSIBLE?	IVE DEVICES AS A NORMAL MODE OF LOCOMOTION, ALTHOUGH OCCASIONAL LOCOMOTION BY OTHER METHODS					
(If "Yes," identify assistive devices used (che	ck all that apply and indicate frequency):					
Wheelchair Fi	requency of use: Occasional Regular Constant					
Brace(s) F	requency of use: Occasional Regular Constant					
Crutch(es) F	requency of use: Occasional Regular Constant					
	requency of use: Occasional Regular Constant					
	requency of use: Occasional Regular Constant					
Other: F	requency of use: Occasional Regular Constant					
(If the veteran uses any assistive devices specify the condition and identify the assistive device used for each condition):						

l

SECTIO	N VII - REM	AINING EFFECTIVE FUNCTION OF TH	HE EXTREMITIES			
13. DUE TO THE VETERAN'S MUSCLE CONDITIONS IS THERE FUNCTIONAL IMPAIRMENT OF AN EXTREMITY SUCH THAT NO EFFECTIVE FUNCTION REMAINS OTHER THAN THAT WHICH WOULD BE EQUALLY WELL SERVED BY AN AMPUTATION WITH PROSTHESIS? (Functions of the upper extremity include grasping, manipulation, etc., while functions for the lower extremity include balance and propulsion, etc.) YES, FUNCTIONING IS SO DIMINISHED THAT AMPUTATION WITH PROSTHESIS WOULD EQUALLY SERVE THE VETERAN						
□ NO						
(If "Yes," indicate extremity(ies) for which this applies):						
[Right upper] Left upper Right (For each checked extremity, identify the condition)		Left lower	on and provide specific or	amplog brief gumman)		
(For each checked extremity, identify the conditio	m causing ioss	of function, describe loss of effective function	on and provide specific exi	umples - briej summary)		
		CAL FINDINGS, COMPLICATIONS, CO	•			
14. DOES THE VETERAN HAVE ANY OTHER PER YES NO (If "Yes," describe - brief su		CAL FINDINGS, COMPLICATIONS, CONDI	TIONS, SIGNS AND/OR SY	MPTOMS?		
		ECTION IX - DIAGNOSTIC TESTING				
NOTE - If there is reason to believe there are retain fragment. Once retained metallic fragments have be				nine location of retained metallic		
15A. HAVE IMAGING STUDIES BEEN PERFORME						
15B. IS THERE X-RAY EVIDENCE OF RETAINED N YES NO (If "Yes," indicate results):			N ANY MUSCLE GROUP?			
X-ray evidence of retained Location (specify muscle Group	•					
(Indicate side affected):						
X-ray evidence of minute	multiple scatter	ed foreign bodies indicating intermuscular tra	uma and explosive effect o	f the missile		
Location (specify muscle Group				_		
(Indicate side affected):		eft Both				
		ability to pulsed electrical current?)				
	" name affected					
15D. ARE THERE ANY OTHER SIGNIFICANT DIAG						
YES NO (If "Yes," provide type of test	or procedure, a	date and results - brief summary)				
16. DOES THE VETERAN'S MUSCLE INJURY(IES)		SECTION X - FUNCTIONAL IMPACT OR HER ABILITY TO WORK? (For example a	the muscle injury(ies) resu	lts in the veteran's inability to keep		
up with work requirements) Up with work requirements) YES NO (If "Yes," describe the impact	t of each of the	veteran's muscle injuries, providing one or	more examples):			
		SECTION XI - REMARKS				
17. REMARKS (If any)						
		PHYSICIAN'S CERTIFICATION AND S				
CERTIFICATION - To the best of my kno						
18A. PHYSICIAN'S SIGNATURE		18B. PHYSICIAN'S PRINTED NAME		18C. DATE SIGNED		
18D. PHYSICIAN'S PHONE AND FAX NUMBER	18E. PHYSICI	AN'S MEDICAL LICENSE NUMBER	18F. PHYSICIAN'S ADDR	ESS		
NOTE - VA may request additional medical infor	mation, includi	ng additional examinations, if necessary to	complete VA's review of t	he veteran's application.		
IMPORTANT - Physician please fax the completed form to						
NOTE - A list of VA Regional Office FAX Numbers can be found at <u>www.benefits.va.gov/disabilityexams</u> or obtained by calling 1-800-827-1000.						
PRIVACY ACT NOTICE: VA will not disclose inform Federal Regulations 1.576 for routine uses (i.e., civil or c United States, litigation in which the United States is a p administration) as identified in the VA system of records Federal Register. Your obligation to respond is voluntary your claim file. Giving us your SSN account information refusing to provide his or her SSN unless the disclosure of considered relevant and necessary to determine maximum verification through computer matching programs with o	rriminal law enfor arty or has an inte , 58/VA21/22/28 /. VA uses your S is voluntary. Ref of the SSN is requ n benefits under t ther agencies.	reement, congressional communications, epidemic rest, the administration of VA programs and deliv , Compensation, Pension, Education and Vocation SN to identify your claim file. Providing your SS usal to provide your SSN by itself will not result nired by a Federal Statute of law in effect prior to he law. The responses you submit are considered	blogical or research studies, th very of VA benefits, verificati nal Rehabilitation and Employ: N will help ensure that your re in the denial of benefits. VA w January 1, 1975, and still in ef confidential (38 U.S.C. 5701)	e collection of money owed to the on of identity and status, and personnel ment Records - VA, published in the cords are properly associated with vill not deny an individual benefits for fect. The requested information is Information submitted is subject to		
RESPONDENT BURDEN: We need this information to determine entitlement to benefits (38 U.S.C. 501). Title 38, United States Code, allows us to ask for this information. We estimate that you will need an average of 30 minutes to review the instructions, find the information, and complete the form. VA cannot conduct or sponsor a collection of information unless a valid OMB control number is displayed. You are not required to respond to a collection of information if this number is not displayed. Valid OMB control numbers can be located on the OMB Internet Page at www.reginfo.gov/public/do/PRAMain . If desired, you can call 1-800-827-1000 to get information on where to send comments or suggestions about this form.						