Department of Veterans Affa	Department of Veterans Affairs MUSCLE INJURIES DISABILITY BENEFITS QUESTIONNAIRE						
<b>IMPORTANT -</b> 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/VETERAN'S SOCIAL SECURITY NUMBER				
<b>NOTE TO PHYSICIAN</b> - 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?							
YES NO (If "Yes," complete Item 1B)							
1B. PROVIDE ONLY DIAGNOSES THAT PERTA	AIN TO MUSCLE INJURIES:						
DIAGNOSIS #1 -	ICD CODE -	DATE OF DIAGNOSIS	S -	SIDE AFFECTED			
DIAGNOSIS #2 -	ICD CODE -	DATE OF DIAGNOSIS	ŝ -	SIDE AFFECTED			
DIAGNOSIS #3 -	ICD CODE -	DATE OF DIAGNOSIS	S -	SIDE AFFECTED			
<b>NOTE</b> - 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 question injury, complete VA Form 21-0960C-10, Peripl	heral Nerve Conditions (not including	diabetic sensory-motor pe	eripheral neuropath				
2A. DOES THE VETERAN HAVE A PENETRATIN	SECTION II - HISTORY						
	NG MOSCLE INJORT (Such as a gunst	ioi or snell fragment wour	<i>(a)</i> ?				
2B. DOES THE VETERAN HAVE A NON-PENET	RATING MUSCLE INJURY (such as a	muscle strain, torn Achill	es tendon or torn qu	uadriceps muscle)?			
2C. DESCRIBE THE HISTORY (including onset	and course) OF THE VETERAN'S MUS	SCLE INJURY (brief summ	iarv)				
	8						
	SECTION III - LOCATIO	N OF MUSCLE INJUR	Y				
<b>NOTE</b> - For VA purposes, muscles are classifi muscle group(s) involved.	ed into groups I-XXIII. In this section	n, indicate the location of t	the veteran's muscle	injury(ies) by checking the			
	SHOULDER GIF						
3. DOES THE VETERAN NOW HAVE OR HAS H		MUSCLE GROUP OF THE	SHOULDER GIRDI	LE OR ARM?			
(If "Yes," check muscle group(s) and s							
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 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							
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 Left Both GROUP V: Flexor muscles of elbow: biceps, brachialis, brachioradialis							
Function: Flexion of elbow Side affected: Right Left	Both						
GROUP VI: Extensor muscles of elbow: triceps Function: Extension of elbow							
└─┘ Function: Extension of elbow Side affected: □ Right □ Left □	] Both						

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?						
YESNO						
(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 Left 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, 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						
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?						
☐ YES ☐ NO ☐ GROUP XVIII: Pelvic girdle muscles: pyriformis, gemelli, obturator, quadratus femoris						
Function: Outward rotation of thigh and stabilization of hip joint						
Side affected: Right Left 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 mov	vement					
2/5 No movement against gravity						
3/5 No movement against resistance						
4/5 Less than normal strength						
5/5 Normal strength						
Shoulder abduction (Group III)	Right: 5/5 4/5 3/5 2/5 0/5					
	Left: 5/5 4/5 3/5 2/5 1/5 0/5					
Elbow flexion (Group V)	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: $5/5$ $4/5$ $3/5$ $2/5$ $0/5$					
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 1/5 0/5					
Hip flexion (Group XVI)	Right: 5/5 4/5 3/5 2/5 1/5 0/5					
	Left: $0/5$ 4/5 $3/5$ 2/5 $0/5$					
Knee flexion (Group XIII)	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 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					
	Left: 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:	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					
11B. DOES THE VETERAN HAVE MUSCLE A	JTROPHY?					
	ion (such as calf, thigh, forearm, upper arm):					
(Indicate side affected): Right						
(Indicate muscle group(s) affected						
	rs of normal side and atrophied side, measured at maximum muscle bulk:					
	cm. Atrophied side: cm.					
If muscle atrophy is present in more	than one muscle group, provide location and measurements, using the same format:					
ļ						
	SECTION VI - ASSISTIVE DEVICES VE DEVICES AS A NORMAL MODE OF LOCOMOTION, ALTHOUGH OCCASIONAL LOCOMOTION BY OTHER METHODS					
MAY BE POSSIBLE?	PEDEVICES AS A NORMAL MODE OF LOCOMOTION, ALTHOUGH OCCASIONAL LOCOMOTION BT OTHER MILTIDES					
YES NO						
(If "Yes," identify assistive devices used (chec	k all that apply and indicate frequency):					
Wheelchair Fre	equency of use: Occasional Regular Constant					
Brace(s) Fre	equency of use: Occasional Regular Constant					
Crutch(es) Fre	equency of use: Occasional Regular Constant					
Cane(s) Fre	equency of use: Occasional Regular Constant					
Walker Fre	equency of use: Occasional Regular Constant					
Other: Fre	equency of use: Occasional Regular Constant					
(If the veteran uses any assistive devices specify the condition and identify the assistive device used for each condition):						

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SECTIO	ON VII - REMA	AINING EFFECTIVE FUNCTION OF TH	IE 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 lower						
(For each checked extremity, identify the conditio	- L		on and provide specific exa	amples - brief summary)		
	0		1 1 5	1 5 57		
		AL FINDINGS, COMPLICATIONS, CO				
14. DOES THE VETERAN HAVE ANY OTHER PER						
YES NO (If "Yes," describe - brief su						
	-	ECTION IX - DIAGNOSTIC TESTING				
NOTE - If there is reason to believe there are retain fragment. Once retained metallic fragments have b				nine location of retained metallic		
15A. HAVE IMAGING STUDIES BEEN PERFORMEI	D AND ARE TH	E RESULTS AVAILABLE?				
15B. IS THERE X-RAY EVIDENCE OF RETAINED N	METALLIC FRAG	GMENTS (such as shell fragments or shrapnel)	N ANY MUSCLE GROUP?			
YES NO (If "Yes," indicate results):	d shall fragment	(c) and/or shrannol				
	•					
(Indicate side affected):						
X-ray evidence of minute Location (specify muscle Group		ed foreign bodies indicating intermuscular tra	uma and explosive effect of	the missile		
		eft Both				
15C. WERE ELECTRODIAGNOSTIC TESTS DONE						
		ability to pulsed electrical current?)				
	," name affected GNOSTIC TEST	· · · · · · · · · · · · · · · · · · ·				
Second Se	or procedure, a	late and results - brief summary)				
		ECTION X - FUNCTIONAL IMPACT	1 1 · · · / · )			
<ul> <li>16. DOES THE VETERAN'S MUSCLE INJURY(IES) up with work requirements)</li> <li>☐ YES ☐ NO (If "Yes," describe the impact</li> </ul>		R HER ABILITY TO WORK? (For example in veteran's muscle injuries, providing one or		is in the veteran's inability to keep		
		SECTION XI - REMARKS				
17. REMARKS (If any)						
		PHYSICIAN'S CERTIFICATION AND S				
<b>CERTIFICATION</b> - To the best of my known						
18A. PHYSICIAN'S SIGNATURE		18B. PHYSICIAN'S PRINTED NAME		18C. DATE SIGNED		
18D. PHYSICIAN'S PHONE AND FAX NUMBER	18E. PHYSICIA	N'S MEDICAL LICENSE NUMBER	18F. PHYSICIAN'S ADDR	ESS		
NOTE - VA may request additional medical infor	l rmation includi	ng additional examinations if necessary to	complete VA's review of t	he veteran's application		
NOTE - VA may request additional medical information, including additional examinations, if necessary to complete VA's review of the veteran's application. IMPORTANT - Physician please fax the completed form to						
(VA Regional Office FAX No.) 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 information collected on this form to any source other than what has been authorized under the Privacy Act of 1974 or Title 38, Code of						
Federal Regulations 1.576 for routine uses (i.e., civil or criminal law enforcement, congressional communications, epidemiological or research studies, the collection of money owed to the United States, litigation in which the United States is a party or has an interest, the administration of VA programs and delivery of VA benefits, verification of identity and status, and personnel administration) as identified in the VA system of records, 58/VA21/22/28, Compensation, Pension, Education and Vocational Rehabilitation and Employment Records - VA, published in the Federal Register. Your obligation to respond is voluntary. VA uses your SSN to identify your claim file. Providing your SSN will help ensure that your records are properly associated with your claim file. Giving us your SSN account information is voluntary. Refusal to provide your SSN by itself will not result in the denial of benefits. VA will not deny an individual benefits for refusing to provide his or her SSN unless the disclosure of the SSN is required by a Federal Statute of law in effect prior to January 1, 1975, and still in effect. The requested information is considered relevant and necessary to determine maximum benefits under the law. The responses you submit are considered confidential (38 U.S.C. 5701). Information submitted is subject to verification through computer matching programs with other agencies.						
<b>RESPONDENT BURDEN:</b> 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 <a href="https://www.reginfo.gov/public/do/PRAMain">www.reginfo.gov/public/do/PRAMain</a> . If desired, you can call 1-800-827-1000 to get information on where to send comments or suggestions about this form.						