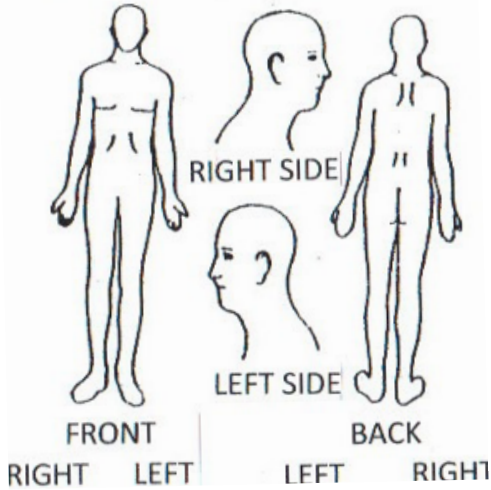


Name \_\_\_\_\_ Date \_\_\_\_\_ Preferred Name \_\_\_\_\_

EMAIL \_\_\_\_\_

Chief Complaint \_\_\_\_\_

**MARK AREA OR AREAS OF PAIN**



**Date Pain Started** \_\_\_\_\_

**Cause of Pain** \_\_\_\_\_

**How Often do you experience Symptoms?**

- Constant
  Frequent
  Intermittent
  Recurring  
 Random
  Other \_\_\_\_\_

**What have you done to relieve Pain?**

- Ice
  Heat
  Medication
  Exercise  
 Other \_\_\_\_\_

**Describe Symptoms:**

- Aching
  Deep
  Intolerable
  Stabbing
  Tight  
 Annoying
  Diffused
  Pulling
  Stiff
  Tingling  
 Burning
  Dull
  Sharp
  Throbbing
  Other

**Does the Pain Radiate to other parts of your body?**

No
  Yes
 If yes, where? \_\_\_\_\_

**Has the Pain:**

- Improved
  Worsened
  Stayed the Same
  Some Lasting Relief

**Pain Scale - 10 Worst Pain - Circle One**

1      2      3      4      5      6      7      8      9      10  
 Mild                      Moderate                      Severe                      Unbearable

**Activities of Daily Living - Check all that are troublesome**

- None
  Employment
  Lifting
  Sleeping
  Yard Work  
 General Mobility
  House work
  Driving
  Standing
  Shoveling  
 Bending
  Exercise
  Sitting
  Walking
  Social Life  
 Up & Down Stairs
  Twisting & Turning
  Push, Pull & Reaching
  Personal Care (Bathing, dressing, etc.)