#

Update Database

 *(\*Please Complete All Questions\*)*



**Patient’s Name: Today’s Date: \_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_**

***Pain and Symptom History***

◼ Mark on the line below the point that best represents the severity of your pain ‘Most of the time’.

**Please Draw Your Pattern of Pain**

###### On the Diagram Below

**Unbearable Pain**



 \_\_\_\_\_\_

**Mark in the areas of your body where you now feel your typical symptoms. Include all affected areas. Use the appropriate symbols below to describe your symptoms.**

 \_\_\_\_\_\_

 **No Pain**

◼ On a scale of 0 to 10 (where ***1*** is ***very*** ***mild*** pain and ***10*** is the ***worst*** ***pain***)

 Please ***Rate* *Your* *Pain*** - (Use a **Single** **Number** (2, 5, 9) **OR** A **Range** of **Numbers** (3-4, 8-10, 1-3)

 (For Example: 2/10, 8/10, 3-5/10, 7-9/10)

(\*Please Check One Below – This is IMPORTANT!)

**Would You Characterize Your Pain As Being**?

 Mild

 Moderate

 Severe

 \_\_\_\_\_\_ / 10\_ Pain At its ***Best*** (0 – 10)

 \_ \_\_\_\_\_/ 10\_ Pain At its ***Worst*** (0 - 10)

 \_\_\_ \_\_\_/ 10\_ Pain On ***Average*** (0 - 10)

 **AND** - Please Check the One that best describes your pain pattern:

 I Am Experiencing: **MORE GOOD** DAYS (Than Bad Days)
 I Am Experiencing: **MORE BAD** DAYS (Than Good Days)
 I Am Experiencing: **EQUAL GOOD** & **BAD** DAYS

◼ Does Coughing or Sneezing ‘**Increase’** your ‘**Pain’?**  **YES** **NO**

  

 **Back** Pain **Neck** Pain

 **‘Circle’**   **Leg** Pain **Arm** Pain

 **All That Apply**

 **Both Both**

◼ ***If*** you have *BOTH -*  **Back + Leg** Pain (and/or) **Neck + Arm** Pain

 What % Percentage (of 100%) is: BACK **v.** LEG **OR** NECK **v.** ARM

 (e.g. 30% Back Pain & 70% Leg & Buttock Pain – with the **“Total Adding up to 100%”** (e.g. 60% Neck Pain & 40% Arm & Shoulder Pain – with the **“Total Adding up to 100%”**

Circle – Is your pain on the **R** or **L** or **Both**

 \_\_\_\_\_\_\_ % **BACK** Pain vs. \_\_\_\_\_\_\_ % **LEG** → **Right or Left or Both**

 \_\_\_\_\_\_\_ % **NECK** Pain vs. \_\_\_\_\_\_\_ % **ARM** → **Right or Left or Both**