

Name: _____

Date: _____

Please List the area of your body where you are experiencing pain and circle all that apply:

1. Location: _____ on (Right / Left / Both) side(s). Is the pain (Mild / Moderate / Severe)? Describe the pain (Ache / Sharp / Tightness / Burning / Numbness / Tingling / Other: _____)
How often do you feel the pain (Constant, Frequent, Intermittent, Occasional)
Is the pain localized or does it radiate down your arm/leg (Local / Radiates / Arm / Leg)
When did it start? _____ What makes it better? _____
What makes it worse? _____
What activities are hard for you to do because of the pain? (Work, Sitting, Standing, Exercising, Lying down, Reaching up, Bending over, Bathing, House work, other: _____)

Please circle the number on the scale which indicates how much pain you are feeling **at this time**.

0 1 2 3 4 5 6 7 8 9 10

NO PAIN

WORST PAIN

2. Location: _____ on (Right / Left / Both) side(s). Is the pain (Mild / Moderate / Severe)? Describe the pain (Ache / Sharp / Tightness / Burning / Numbness / Tingling / Other: _____)
How often do you feel the pain (Constant, Frequent, Intermittent, Occasional)
Is the pain localized or does it radiate down your arm/leg (Local / Radiates / Arm / Leg)
When did it start? _____ What makes it better? _____
What makes it worse? _____
What activities are hard for you to do because of the pain? (Work, Sitting, Standing, Exercising, Lying down, Reaching up, Bending over, Bathing, House work, other: _____)

Please circle the number on the scale which indicates how much pain you are feeling **at this time**.

0 1 2 3 4 5 6 7 8 9 10

NO PAIN

WORST PAIN

3. Location: _____ on (Right / Left / Both) side(s). Is the pain (Mild / Moderate / Severe)? Describe the pain (Ache / Sharp / Tightness / Burning / Numbness / Tingling / Other: _____)
How often do you feel the pain (Constant, Frequent, Intermittent, Occasional)
Is the pain localized or does it radiate down your arm/leg (Local / Radiates / Arm / Leg)
When did it start? _____ What makes it better? _____
What makes it worse? _____
What activities are hard for you to do because of the pain? (Work, Sitting, Standing, Exercising, Lying down, Reaching up, Bending over, Bathing, House work, other: _____)

Please circle the number on the scale which indicates how much pain you are feeling **at this time**.

0 1 2 3 4 5 6 7 8 9 10

NO PAIN

WORST PAIN

4. Location: _____ on (Right / Left / Both) side(s). Is the pain (Mild / Moderate / Severe)? Describe the pain (Ache / Sharp / Tightness / Burning / Numbness / Tingling / Other: _____)
How often do you feel the pain (Constant, Frequent, Intermittent, Occasional)
Is the pain localized or does it radiate down your arm/leg (Local / Radiates / Arm / Leg)
When did it start? _____ What makes it better? _____
What makes it worse? _____
What activities are hard for you to do because of the pain? (Work, Sitting, Standing, Exercising, Lying down, Reaching up, Bending over, Bathing, House work, other: _____)

Please circle the number on the scale which indicates how much pain you are feeling **at this time**.

0 1 2 3 4 5 6 7 8 9 10

NO PAIN

WORST PAIN

Please use the symbols below to show the area, upon the body outlines, in which you are experiencing pain.

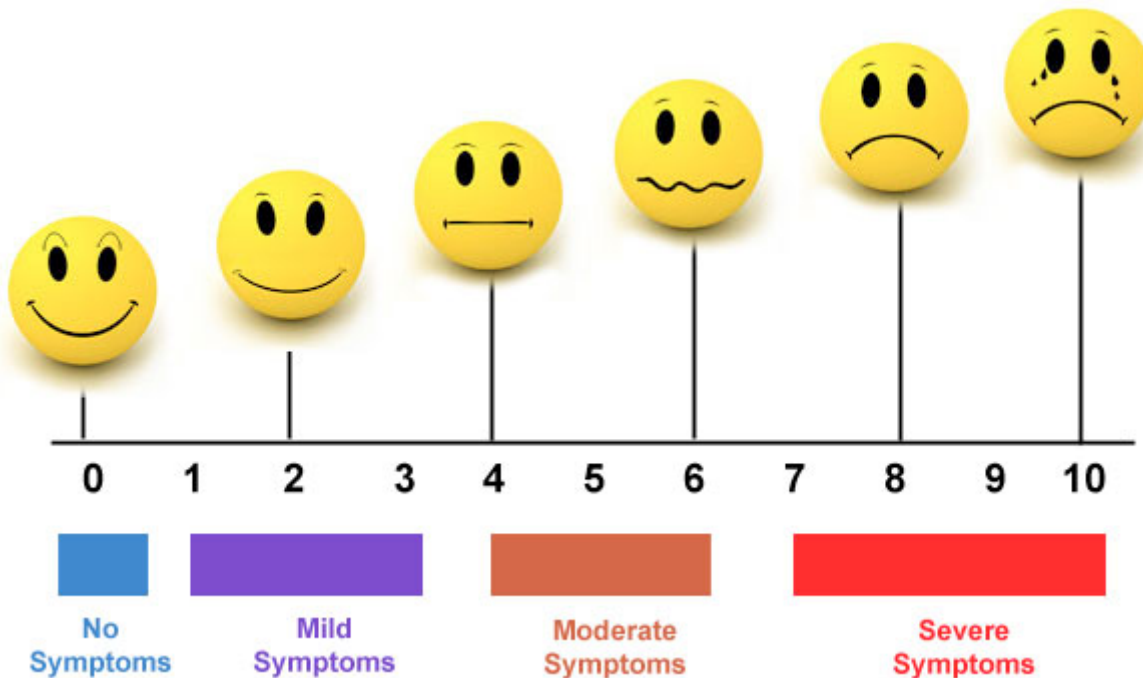
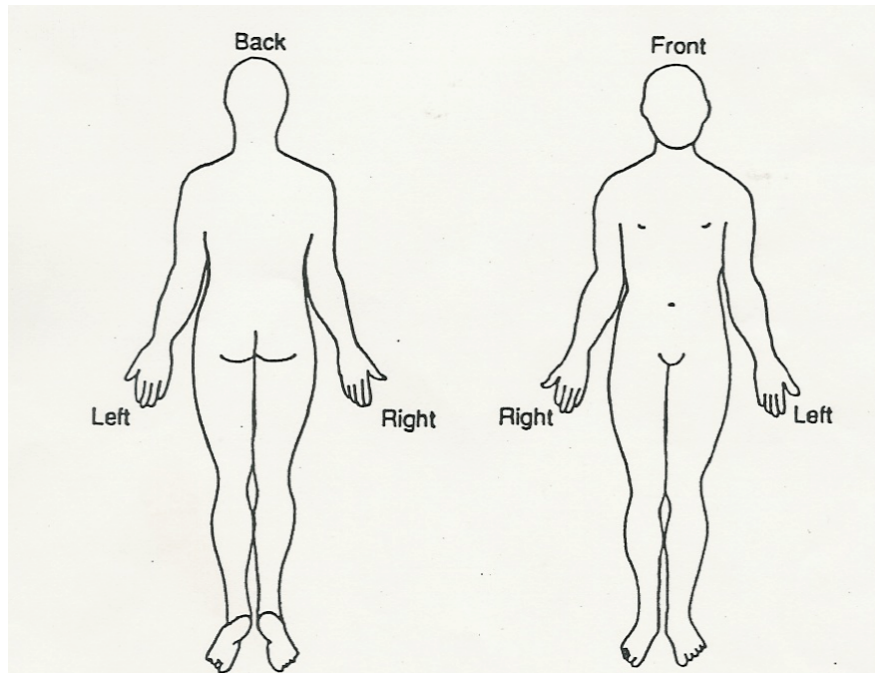
Ache-A

Pin/Needles-P
Tingling

Burning-B

Sharp/stabbing-S

Numbness-N Tightness-T





Life Family Chiropractic
501 N. Knik St.
Wasilla, AK 99654
907-373-4325