

PAIN LOG

Keeping a record of your pain on a daily or weekly basis can help the healthcare team understand the nature and extent of the pain and how to manage it. You can use this log to help you track your pain.

When describing the pain, consider the following questions:

- Where is the pain? (For example, is it in one location or many?)
- How does the pain feel? (For example, is it sharp, dull, burning or throbbing?)
- When does the pain happen? (For example, does the pain occur when standing or moving?)
- What activities does it prevent? (For example, does the pain make it hard to shower or dress?)

WORKSHEET FOR WHEN YOU'RE IN TREATMENT

Date	Time	Describe the pain	Pain level 0 = no pain 10 = worst pain imaginable
<i>March 1</i>	<i>6:30 am - 7: 30 am</i>	<i>Sharp, shooting pains in lower back and legs that woke me from sleep</i>	9

