

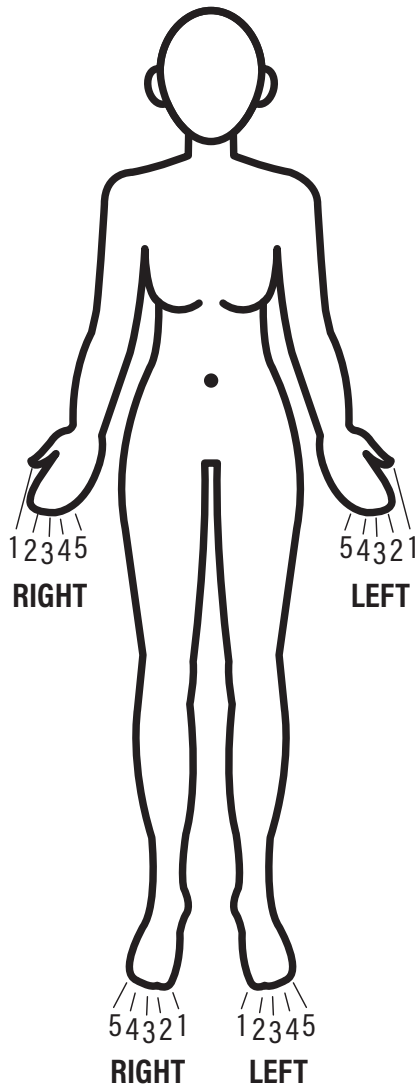
# BODY PAIN

## GENERAL TRACKING

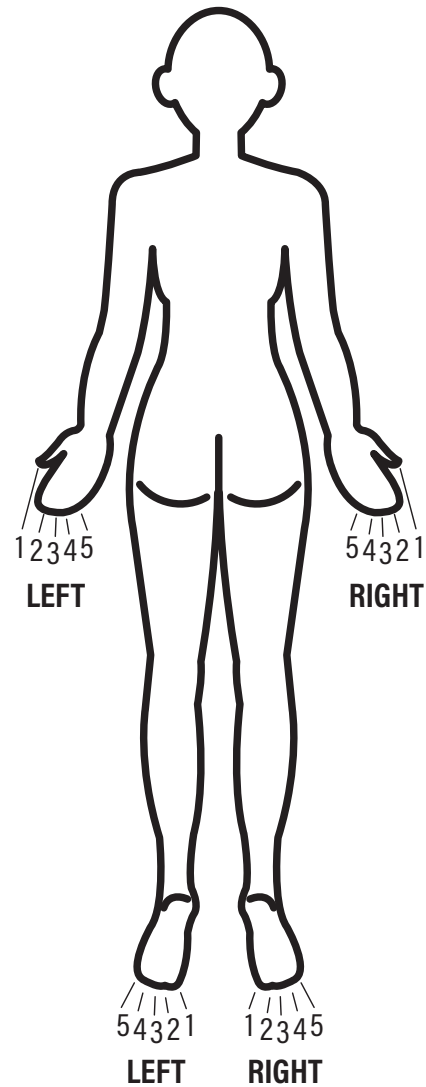
DATE \_\_\_\_\_

NAME \_\_\_\_\_

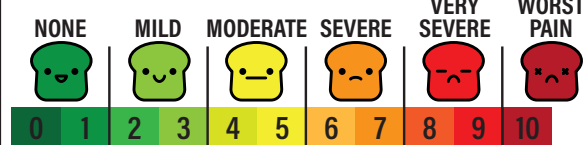
### FRONT



### BACK



### PAIN SCALE



1-3 MILD	4-6 MODERATE	7-10 SEVERE
<ul style="list-style-type: none"> <li>DISCOMFORT</li> <li>ANNOYANCE</li> <li>TOLERABLE</li> </ul> <p>USUALLY DOES NOT INTERFERE WITH DAILY ACTIVITIES.</p>	<ul style="list-style-type: none"> <li>NOTICEABLE</li> <li>DISTRACTION</li> <li>DISTRESSING</li> </ul> <p>MAY INTERFERE WITH DAILY ACTIVITIES.</p>	<ul style="list-style-type: none"> <li>INTENSE</li> <li>UNBEARABLE</li> <li>UNSPEAKABLE</li> </ul> <p>GREATLY INTERFERE WITH DAILY ACTIVITIES.</p>

### WORDS TO DESCRIBE PAIN

- ACHING
- CRAMPING
- DULL ACHES
- BURNING
- COLD SENSATION
- ELECTRIC SHOCK
- NAGGING
- INTENSE
- PINS / NEEDLES
- SORE
- STIFF
- SHARP
- SHOOTING
- SPASMS
- SPLITTING
- STABBING
- TENDER
- THROBBING
- TIGHT
- TINGLING

### DURATION OF PAIN TERMS

ACUTE	LASTS FOR A SHORT PERIOD OF TIME.
SUB-ACUTE	LASTS LONGER THAN ACUTE PAIN, NOT CHRONIC. LASTING FOR WEEKS TO MONTHS.
CHRONIC	PAIN LASTING MORE THAN 3-6 MONTHS OR YEARS.
RECURRENT	SUDDEN, INTENSE PAIN EPISODES THAT OCCUR DESPITE MEDICATION USE FOR PAIN MANAGEMENT.

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