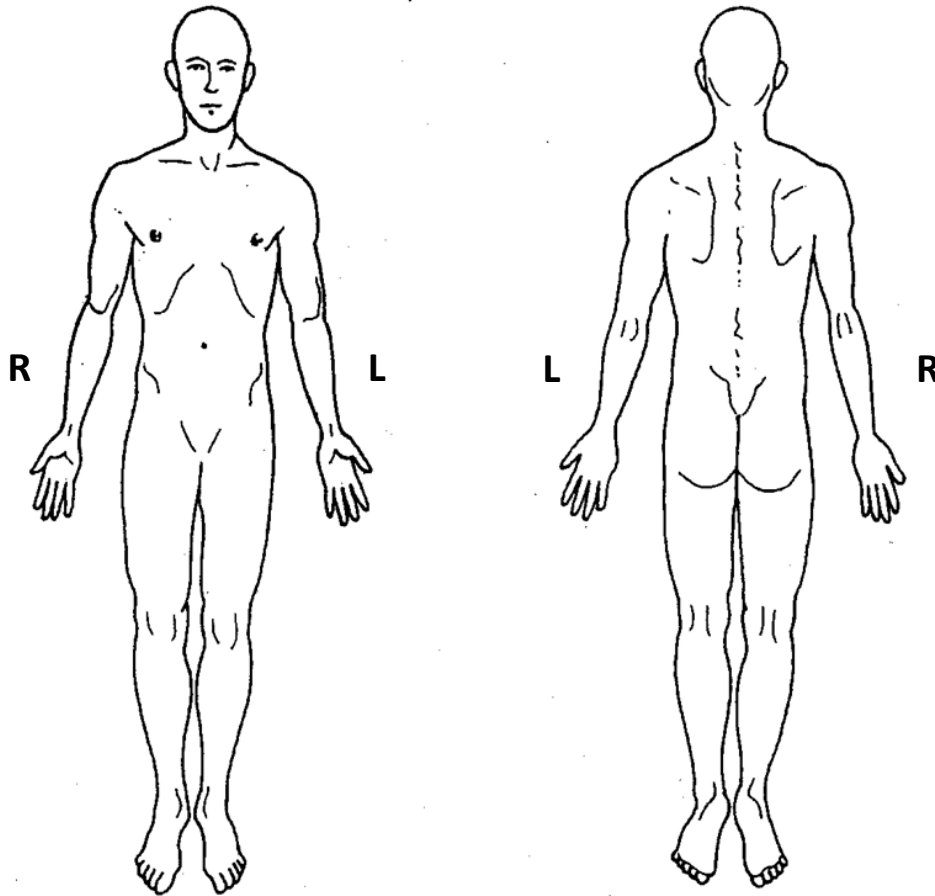


Name: \_\_\_\_\_

Date: \_\_\_\_\_

On the diagram below, shade or circle where you are experiencing pain.  
Also describe the pain. Example: **Ache**, **Sharp**, **Pins/Needles**, **Burning**, **Numbness**.

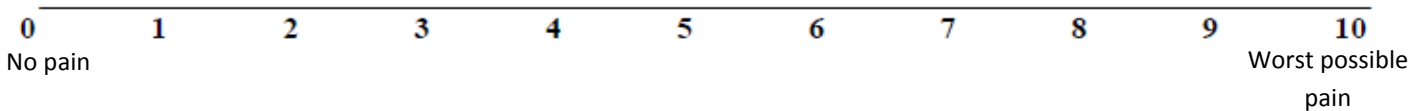


Circle one:

➤ Is your **neck** pain:      Constant      Comes and Goes

If Constant: What numbers is it at its least and worst

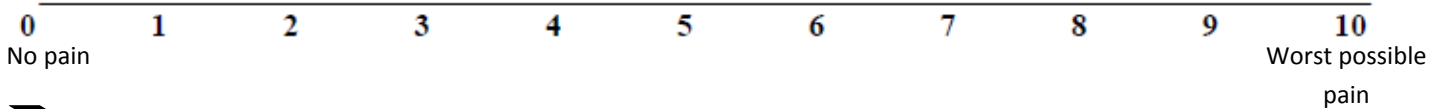
If Comes and Goes: What number at its maximum



➤ Is your **upper-back** pain:      Constant      Comes and Goes

If Constant: What numbers is it at its least and worst

If Comes and Goes: What number at its maximum



➤ Is your **lower back** pain:      Constant      Comes and Goes

If Constant: What numbers is it at its least and worst

If Comes and Goes: What number at its maximum

