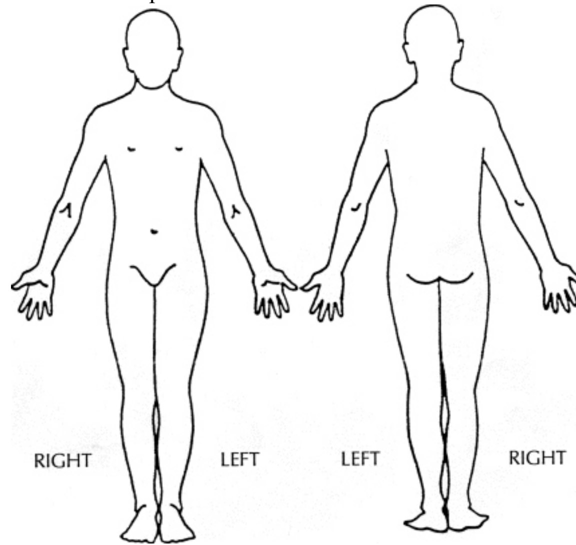
MUSCULOSKELETAL

- ☐ **Pain in fingers**
- ☐ **Chronic pain**
- ☐ **Joint pain or stiffness**
- ☐ **Calcium deposits**
- ☐ **Herniated / slipped disc**
- ☐ **Injure easily**
- ☐ **Pain in arms / hands**
- ☐ **Loss in height**
- ☐ **Double-jointed**
- ☐ **Bones sore/painful**
- ☐ **Arthritis**
- ☐ **Bone deformity**
- ☐ **Stiff in morning**
- ☐ **Broken bones**
- ☐ **Tendonitis**
- ☐ **spasms /cramps /restless muscles**
- ☐ **Numbness in the extremities**
- ☐ **Pain in neck and/or shoulders**
- ☐ **Weakness**
- ☐ **Osteoporosis**
- ☐ **Back pain**
- ☐ **Athletic injury**
- ☐ **Tingling/burning in hands/feet**
- ☐ **Tightness in shoulder muscles**
- ☐ **Swollen knees/elbows**
- ☐ **Unable to sit straight**
- ☐ **Bursitis**

PAIN

Please mark any areas of discomfort in the pictures below

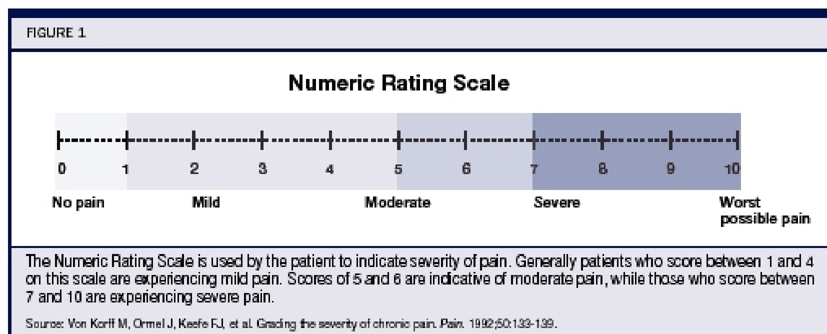


How long have you had this pain? ______________________
Quality of pain (eg. Sharp, stabbing, burning achy, dull ect.) ______________________________________
Is this pain constant or does it come and go? ____________________________________
How frequently do you have pain ____

Is your pain better or worse with….(**B** for better/ **W** for worse):

___ Movement ___ Rest
___ Heat ___ Cold
___ Pressure/Massage ___ Morning
___ Afternoon ___ Evening

Rate your pain 0-10



The Numeric Rating Scale is used by the patient to indicate severity of pain. Generally patients who score between 1 and 4 on this scale are experiencing mild pain. Scores of 5 and 6 are indicative of moderate pain, while those who score between 7 and 10 are experiencing severe pain.

Source: Von Korff M, Ormel J, Keefe FJ, et al. Grading the severity of chronic pain. *Pain.* 1992;50:133-139.