## **Pain Diary**



## Pain intensity scale None 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 Extreme

Pain descriptors: Stiff, tense, tender, stabbing, sharp, burning, tingling, numbness, electric, tearing, boring, aching, radiating, shooting, gnawing, heavy, tiring, sickening.

Use this pain diary to track your progress through rehabilitation. It can help give you insight on what causes your pain, when it's worse and can be a great tool to give your health care provider and give them more knowledge on how your coping.

Date	Where is the pain? Intensity and description.	What caused or increased the pain?	What did you do to relieve it?	Medication & dose	Mental state (Good, ok, low, very low)	Amount of sleep (hrs)	Notes