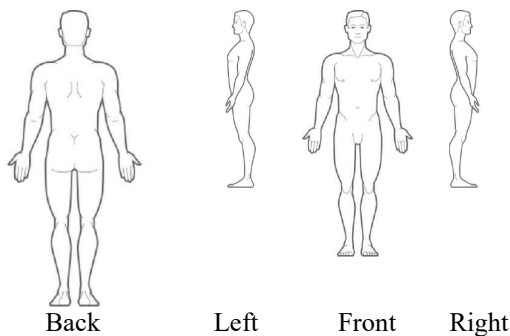


Please, mark the areas of the pain & discomfort with "X"



**Headaches**

- **Level of pain in scale of 1-10:**
- **Most intense areas:**  Forehead (L / R)  Back of head (L / R)  
 Temples (L / R)  Top of the head (L / R)  
 Behind the eye (L / R)  Entire Head
- **Type of pain:**  Sharp;  Dull;  Aching;  Burning;  
 Stabbing;  Throbbing;  Annoying/Nagging
- **Type of Pain distribution:**  Localized  
 Radiating pain from \_\_\_\_\_ to \_\_\_\_\_
- **Frequency:**  Constant;  Frequent;  Intermittent;  
 Occasional;  Activity-Dependent
- **Association with any other abnormal feelings:**  Light headedness  
 Loss of balance  Fainting  Memory loss  Sensitivity to light  
 Blurred vision  Double vision  Ringing in the ear (Tinnitus)  
 Hearing loss  Numbness  Tingling  Muscle Cramp  
 Stiffness  Weakness / Heaviness  Other \_\_\_\_\_
- **Aggravating Factors:**  Stress/Tension,  Noise,  Hight,  Reading,  
 Driving,  Not eating on time,  Specific foods/Drink,  Alcohol,  
 Bending over,  Physical activities,  Straining,  Fatigue,  
 Lack of sleep,  Menstruation

**Temporomandibular Joint (TMJ):** L R B

- **Type of discomfort:**  Pain;  Tenderness;  Tightness & Stiffness;
- **Level of pain / Tenderness / Tightness & Stiffness in scale of 1-10:**
- **Most intense areas:**  Left TMJ  Right TMJ
- **Type of pain:**  Sharp;  Dull;  Aching;  Burning;  
 Stabbing;  Throbbing;  Annoying/Nagging
- **Type of Pain distribution:**  Localized  
 Radiating pain from \_\_\_\_\_ to \_\_\_\_\_
- **Frequency:**  Constant;  Frequent;  Intermittent;  
 Occasional;  Activity-Dependent
- **Association with any other abnormal feelings:**  Numbness  
 Tingling  Muscle Cramp  Stiffness  
 Weakness / Heaviness  Other \_\_\_\_\_
- **Aggravating Factors:**  Movement;  Certain movements;  
 Chewing  Grinding at night,  Sleeping on it  Cold weather

**Neck (C/S):** C L R B

- **Type of discomfort:**  Pain;  Tenderness;  Tightness & Stiffness;
- **Level of pain / Tenderness / Tightness & Stiffness in scale of 1-10:**
- **Most intense areas:**  Upper neck /  Middle neck  
 Lower neck (Base of the neck)
- **Type of pain:**  Sharp;  Dull;  Aching;  Burning;  
 Stabbing;  Throbbing;  Annoying/Nagging
- **Type of Pain distribution:**  Localized  
 Radiating pain from \_\_\_\_\_ to \_\_\_\_\_
- **Frequency:**  Constant;  Frequent;  Intermittent;  
 Occasional;  Activity-Dependent

\*\*\* **Neck (C/S) (Continued):**

- **Association with any other abnormal feelings:**  Numbness  
 Tingling  Muscle Cramp  Stiffness  
 Weakness / Heaviness  Other \_\_\_\_\_
- **Aggravating Factors:**  Movement,  Certain movements;  
 Holding still,  Holdng at certain position,  Sitting,  
 Computer work,  Driving,  Standing,  Walking,  Running,  
 Bending,  Twisting,  Lifting \_\_\_ lbs,  Reaching  Lying down

**Upper Back / Mid-back (T/S):** C L R B

- **Type of discomfort:**  Pain;  Tenderness;  Tightness & Stiffness;
- **Level of pain / Tenderness / Tightness & Stiffness in scale of 1-10:**
- **Most intense areas:**  Top of the shoulders  
 Between the shoulder blades /  Mid-back /  Ribs
- **Type of pain:**  Sharp;  Dull;  Aching;  Burning;  
 Stabbing;  Throbbing;  Annoying/Nagging
- **Type of Pain distribution:**  Localized  
 Radiating pain from \_\_\_\_\_ to \_\_\_\_\_
- **Frequency:**  Constant;  Frequent;  Intermittent;  
 Occasional;  Activity-Dependent
- **Association with any other abnormal feelings:**  Numbness  
 Tingling  Muscle Cramp  Stiffness  
 Weakness / Heaviness  Other \_\_\_\_\_
- **Aggravating Factors:**  Movement,  Certain movements;  
 Holding still,  Holdng at certain position,  Sitting,  
 Computer work,  Driving,  Standing,  Walking,  Running,  
 Bending,  Twisting,  Lifting \_\_\_ lbs,  Reaching  Lying down

**Low Back (L/S):** C L R B

- **Type of discomfort:**  Pain;  Tenderness;  Tightness & Stiffness;
- **Level of pain / Tenderness / Tightness & Stiffness in scale of 1-10:**
- **Most intense areas:**  Thoracolumbar (L / R)  Mid-lumbar (L / R)  
 Lumbosarcal (L / R)
- **Type of pain:**  Sharp;  Dull;  Aching;  Burning;  
 Stabbing;  Throbbing;  Annoying/Nagging
- **Frequency:**  Constant;  Frequent;  Intermittent;  
 Occasional;  Activity-Dependent
- **Type of Pain distribution:**  Localized /  Radiating to \_\_\_\_\_
- **Associated abnormal feeling:**  Numbness  Tingling  
 Muscle Cramp  Stiffness  Weakness / Heaviness  Other\_\_
- **Aggravating Factors:**  Movement,  Certain movements;  
 Holding still,  Holdng at certain position,  Sitting,  
 Computer work,  Driving,  Standing,  Walking,  Running,  
 Bending,  Twisting,  Lifting \_\_\_ lbs,  Lying down

**Pelvic:** L R B L. Front R. Front L. Groin R. Groin

- **Type of discomfort:**  Pain;  Tenderness;  Tightness & Stiffness;
- **Level of pain / Tenderness / Tightness & Stiffness in scale of 1-10:**
- **Most intense areas:**  SI Joint (L / R)  Sacrum (Base / Apex)  
 Coccyx (Apex-L / Apex-R)
- **Type of pain:**  Sharp;  Dull;  Aching;  Burning;  
 Stabbing;  Throbbing;  Annoying/Nagging
- **Frequency:**  Constant;  Frequent;  Intermittent;  
 Occasional;  Activity-Dependent
- **Type of Pain distribution:**  Localized  
 Radiating pain from \_\_\_\_\_ to \_\_\_\_\_
- **Associated abnormal feeling:**  Numbness  Tingling  
 Muscle Cramp  Stiffness  Weakness / Heaviness  Other\_\_
- **Aggravating Factors:**  Movement,  Certain movements;  
 Holding still,  Holdng at certain position,  Sitting,  
 Computer work,  Driving,  Standing,  Walking,  Running,  
 Bending,  Twisting,  Lifting \_\_\_ lbs,  Lying down

➤➤➤ "Upper Extremities":

☐ Shoulder: L R B
• Type of discomfort: ☐ Pain; ☐ Tenderness; ☐ Tightness & Stiffness;
• Level of pain / Tenderness / Tightness & Stiffness in scale of 1-10:
• Most intense areas: ☐ Shoulder Joint (L / R); ☐ Shoulder Blade (L / R)
• Type of pain: ☐ Sharp; ☐ Dull; ☐ Aching; ☐ Burning; ☐ Stabbing; ☐ Throbbing; ☐ Annoying/Nagging
• Type of Pain distribution: ☐ Localized ☐ Radiating pain from \_\_\_\_\_ to \_\_\_\_\_
• Frequency: ☐ Constant; ☐ Frequent; ☐ Intermittent; ☐ Occasional; ☐ Activity-Dependent
• Association with any other abnormal feelings: ☐ Numbness ☐ Tingling ☐ Muscle Cramp ☐ Stiffness ☐ Weakness / Heaviness ☐ Other \_\_\_\_\_
• Aggravating Factors: ☐ Movement, ☐ Specific movements, ☐ Holding still (Stationary position), ☐ Holding at certain position, ☐ Computer work, ☐ Driving, ☐ Lifting \_\_\_ lbs, ☐ Reaching, ☐ Reaching above the head

☐ Upper Arm: L R B
• Level of pain / Tenderness / Tightness & Stiffness in scale of 1-10:
• Most intense areas: • Type of Pain distribution:
• Frequency: • Associated abnormal feelings:
• Aggravating Factors:

☐ Elbow: L R B
• Type of discomfort: ☐ Pain; ☐ Tenderness; ☐ Tightness & Stiffness;
• Level of pain / Tenderness / Tightness & Stiffness in scale of 1-10:
• Most intense areas: ☐ Inside the Joint (Med.) (L / R) ☐ Outside of the Joint (Lat.) (L / R); ☐ Center back of the elbow (L / R)
• Type of Pain distribution: • Frequency:
• Associated abnormal feelings: • Aggravating Factors:

☐ Forearm: L R B
• Level of pain / Tenderness / Tightness & Stiffness in scale of 1-10:
• Most intense areas: ☐ Front of forearm (L / R); ☐ Back of forearm (L / R)
• Type of pain: • Type of Pain distribution:
• Frequency: • Associated abnormal feelings:
• Aggravating Factors:

☐ Wrist: L R B
• Type of discomfort: ☐ Pain; ☐ Tenderness; ☐ Tightness & Stiffness;
• Level of pain / Tenderness / Tightness & Stiffness in scale of 1-10:
• Most intense areas: ☐ Medial part of the Wrist / ☐ Lateral part of the Wrist ☐ Back of the wrist / ☐ Palmar side of the wrist
• Type of pain: • Type of Pain distribution:
• Frequency: • Associated abnormal feelings:
• Aggravating Factors:

☐ Hand: L R B
• Level of pain / Tenderness / Tightness & Stiffness in scale of 1-10:
• Most intense areas: ☐ Back of the Hand / ☐ Palm of the Hand / ☐ Fingers (Dig. # 1, 2, 3, 4, 5)
• Type of pain: • Type of Pain distribution:
• Frequency: • Associated abnormal feelings:
• Aggravating Factors:

➤➤➤ "Lower Extremities":

☐ Hip: L R B
• Level of pain / Tenderness / Tightness & Stiffness in scale of 1-10:
• Type of pain: • Type of Pain distribution:
• Frequency: • Associated abnormal feelings:
• Aggravating Factors:

☐ Thigh: L R B
• Level of pain / Tenderness / Tightness & Stiffness in scale of 1-10:
• Most intense areas: ☐ Front, ☐ Back, ☐ Outside (lateral), ☐ Inside (medial)
• Type of pain: • Type of Pain distribution:
• Frequency: • Associated abnormal feelings:
• Aggravating Factors:

☐ Knee: L R B
• Type of discomfort: ☐ Pain; ☐ Tenderness; ☐ Tightness & Stiffness;
• Level of pain / Tenderness / Tightness & Stiffness in scale of 1-10:
• Most intense areas: ☐ Patella (L / R) ☐ Outside (lateral) (L / R) ☐ Inside (middle) (L / R) ☐ Back of knee (L / R) ☐ Upper part of the Shin (L / R)
• Type of pain: ☐ Sharp; ☐ Dull; ☐ Aching; ☐ Burning; ☐ Stabbing; ☐ Throbbing; ☐ Annoying/Nagging
• Type of Pain distribution: ☐ Localized ☐ Radiating pain from \_\_\_\_\_ to \_\_\_\_\_
• Frequency: ☐ Constant; ☐ Frequent; ☐ Intermittent; ☐ Occasional; ☐ Activity-Dependent
• Association with any other abnormal feelings: ☐ Numbness ☐ Tingling ☐ Muscle Cramp ☐ Stiffness ☐ Weakness / Heaviness ☐ Heaviness (of) \_\_\_\_\_ ☐ Other \_\_\_\_\_
• Aggravating Factors: ☐ Movement, ☐ Holding still (stationary position), ☐ Holding at certain position, ☐ Sitting, ☐ Driving, ☐ Standing, ☐ Walking, ☐ Running, ☐ Bending, ☐ Twisting, ☐ Lifting \_\_\_ lbs, ☐ Lying down

☐ Calf: L R B
• Level of pain / Tenderness / Tightness & Stiffness in scale of 1-10:
• Type of pain: • Type of Pain distribution:
• Frequency: • Associated abnormal feelings:
• Aggravating Factors:

☐ Ankle: L R B L. Achilles Tendon R. Achilles Tendon
• Type of discomfort: ☐ Pain; ☐ Tenderness; ☐ Tightness & Stiffness;
• Level of pain / Tenderness / Tightness & Stiffness in scale of 1-10:
• Most intense areas: ☐ Outside (lateral)(L / R) ☐ Inside (medial)(L / R) ☐ Front of the Ankle (L / R) ☐ Back of the Ankle (L / R)
• Type of pain: • Type of Pain distribution:
• Frequency: • Associated abnormal feelings:
• Aggravating Factors:

☐ Foot: L R B
• Level of pain / Tenderness / Tightness & Stiffness in scale of 1-10:
• Most intense areas: ☐ Top of the foot (L / R) ☐ Bottom of the foot (L / R) ☐ Heel (L / R) ☐ Outside (lateral side) (L / R) ☐ Inside (medial side)(L / R)
• Type of pain: • Type of Pain distribution:
• Frequency: • Associated abnormal feelings:
• Aggravating Factors: