

PAIN IDENTIFICATION QUESTIONNAIRE

Ask yourself the following questions... Be honest.

This will help identify what structures are affected.

This will help re-classify your pain and figure out the best treatment.

PAIN (FOCUS ON ONE AREA)

When does your pain occur?	
How Often?	
What does it Feel like?	
When is it the best/worst?	
Where is it? Can you tell?	
Where does it go?	
Does it stay in one place?	
Does it have feelings?	
Does it have a color?	
Does it have a shape?	
Is it stopping you?	
Is it challenging you?	
How would you rate it?	
How long has it been there?	
Have you had this before?	

Have you had something similar before?	
Anything else...	
Anything else...	
Does it have a name?	
<p>If not...let's give it one.</p> <p>This helps to separate your pain from you. You are not your pain; it is just a way your body is trying to communicate to you that something is not working right.</p>	

RELATED PAIN (FOCUS ON OTHER AREAS)

Is anything else telling you something?	
Does anything else hurt?	
Where does it go?	
Does it stay in one place?	
Does this feel related to the above area?	

EASES AND AGGROVATIONS

What makes it better?	
Is the relief temporary?	
How long does it last?	
What makes it worse?	
Is the flair temporary?	
How long does it last?	