

## Pain Tracking Form

1. In the corresponding time, report the location and the severity of the pain on a 0-10 scale with 0 being no pain and 10 being the most severe pain you have ever experienced.
2. The next column is a place to report how much your life is affected by the pain. At the corresponding time, rate this on a scale from 0-10. Zero means that you are able to function as well as you ever had and 10 means that you are unable to function. This is used by your health care provider to determine if there are any other interventions that may make your life easier.
3. The third column is a place for you to report the activity you are doing at the time of this present pain and function. This will not only be used by your health care provider to help guide your therapy but it can be used by you as tool to see if certain activities are negatively or positively affect your pain and function. For example, if your pain is very severe one hour after going shopping this will help you understand that this particular activity negatively affects your quality of life. It will help you and your health care provider come up with strategies to help manage this disability. This could include taking pain medicine just as you begin shopping and/or resting with your legs up and putting ice on the affected joints after you finish shopping.
4. The last column is a place where you can report when you take your medicines. This will help you and your health care provider see if there is a pattern to pain and function and the time that you take your medicine. For example, if pain and function significantly deteriorates 6 hours after taking a dose of acetaminophen then this may tip you off that you should be taking your acetaminophen every 5 and a half hours.

Time	Pain – Location/Severity	Function	Activity	Medication
6:00 am				
7:00 am				
8:00 am				
9:00 am				
10:00 am				
11:00 am				
12:00 pm				
1:00 pm				
2:00 pm				
3:00 pm				
4:00 pm				
5:00 pm				
6:00 pm				
7:00 pm				
8:00 pm				
9:00 pm				
10:00 pm				
11:00 pm				
12:00 pm				
Nighttime				

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