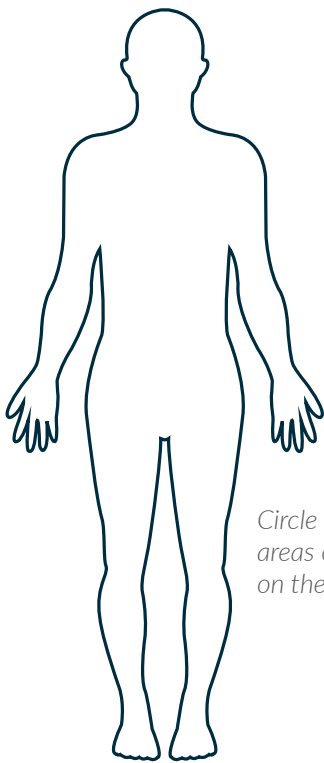


PAIN IDENTIFIER

It is important to listen to your body & what it is trying to tell you.

- 1 I struggle taking the first steps in the morning: ☐ Always ☐ Sometimes ☐ Never
- 2 I struggle to get up from a seated position: ☐ Always ☐ Sometimes ☐ Never
- 3 At the end of the day my body is stiff and sore: ☐ Always ☐ Sometimes ☐ Never
- 4 I use one side of my body more than the other because I am compensating for my pain: ☐ Always ☐ Sometimes ☐ Never



Circle your
areas of pain
on the body

Pain 1

Where is your pain today?

Type of pain:

- ☐ Aching ☐ Tender ☐ Sharp
- ☐ Burning ☐ Nagging ☐ Hot
- ☐ Intense ☐ Stabbing ☐ Dull
- ☐ Tingling ☐ Throbbing

How long have you had this pain?

- ☐ Under month ☐ 1-2 months
- ☐ 3-6 months ☐ 6+ months

Pain 2

Where is your pain today?

Type of pain:

- ☐ Aching ☐ Tender ☐ Sharp
- ☐ Burning ☐ Nagging ☐ Hot
- ☐ Intense ☐ Stabbing ☐ Dull
- ☐ Tingling ☐ Throbbing

How long have you had this pain?

- ☐ Under month ☐ 1-2 months
- ☐ 3-6 months ☐ 6+ months

Call 5529 6598 to book an appointment with a member of
our Remedial Massage Team.