

9. Where is your pain located?

Mark the area on the body where you feel the described sensations using the following:

Pain Drawing

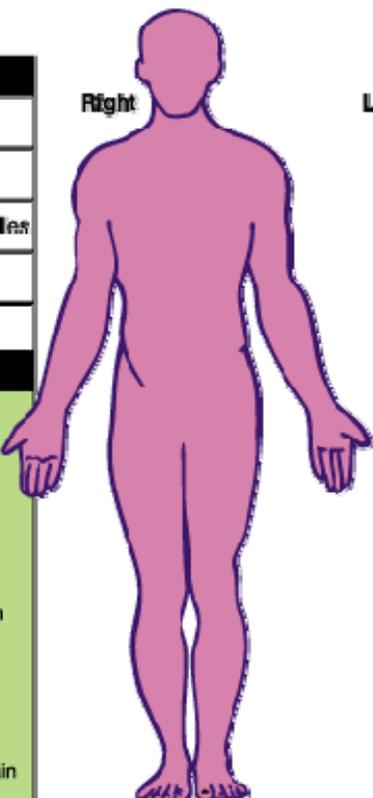
SOME PM&R PHYSICIANS HAVE THEIR PATIENTS COMPLETE A PAIN DRAWING SO THEY CAN UNDERSTAND THE LOCATION AND INTENSITY OF THEIR PAIN.

Instructions: Mark these drawings according to where you hurt (if the right side of your back hurts, mark the drawing on the right side of the neck, etc.). Please indicate which sensations you feel by referring to the key below.

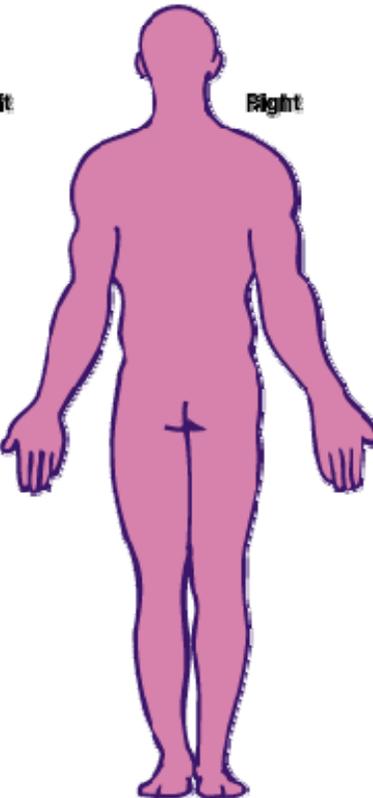
RIGHT HANDED
 LEFT HANDED

KEY	
/////	Stabbing
XXXX	Burning
0000	Pins & Needles
====	Numbness
++++	Aching
PAIN LEVEL	
0	No pain
1	Mild pain; you are aware of it but it doesn't bother you
2	Moderate pain that you can tolerate without medication
3	Moderate pain that requires medication to tolerate
4-5	More severe pain; you begin to feel antisocial
6	Severe pain
7-9	Intensely severe pain
10	Most severe pain; it may make you contemplate suicide

Right



Left



CIRCLE YOUR CURRENT PAIN LEVEL

0 1 2 3 4 5 6 7 8 9 10

Treatment History

Please check all treatments you have received for this problem:

- | | | |
|---------------------------------------------------------|------------------|-------------|
| Medication | Physical therapy | Surgery |
| Injections | Chiropractic | TENS |
| Occupational therapy | Psychological | Acupuncture |
| Biofeedback | Pain program | Massage |
| Homeopathic or other alternative medicine (list): _____ | | |

Diagnostic Tests

Please check which tests have been done for this problem:

<u>Test</u>	<u>What body part</u>	<u>When done</u>	<u>Where</u>
X-ray	_____	_____	_____
MRI	_____	_____	_____
CT (CAT scan)	_____	_____	_____
Bone scan	_____	_____	_____
EMG	_____	_____	_____

Medications

Please list **all** medications you are currently taking for any reason (include non-prescription drugs). Attach list if necessary.

<u>Drug name</u>	<u>Dose</u>	<u>How often taken</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Preferred Pharmacy: _____ **Phone #:** _____

Please list all known drug allergies: _____

Family History

Has any family member had any of the following? Please check all that apply.

Yes	No	Any blood relatives who have had a heart attack before age 55?
Yes	No	Disabling back pain
Yes	No	Herniated disc
Yes	No	Rheumatoid arthritis
Yes	No	Lupus
Yes	No	Nerve or muscle disease (specify) _____
Yes	No	Disability from work for other reasons

Functional History Please check all that apply:

- Yes No Do you have trouble sleeping due to your pain?
 Number of hours of sleep/night_____
- Yes No Difficulty with prolonged sitting?
- Yes No Difficulty with prolonged walking?
 I can walk_____min before needing to sit or rest due to pain
- Yes No Difficulty with prolonged standing?
- Yes No Avoid certain activities due to pain?

Social History

Please check each that apply:

Marital status: Single Married Divorced Widowed

Who do you live with? Alone Children (ages)_____

 Spouse Parents

 Significant other Friends or relatives

How much alcohol do you usually drink? None

 1-5 drinks per week

 6-12 drinks per week

 More than 12 drinks per week

Yes No Have you been treated for drug or alcohol abuse?

Yes No Do use street drugs?

Yes No Do you smoke cigarettes? If yes, how many packs/day?_____

Number of years of schooling completed_____ eg 11th grade, college, etc.

Aside from your current problem, what are the most stressful things in your life?_____

Work History

Occupation_____

Employer_____

Yes No Are you currently off work because of this problem? How long?_____

Yes No Do you believe this problem is caused by your work?

Yes No Are you working with restrictions? If yes, please list_____

Yes No Are you currently receiving any compensation for your pain problem?

If yes, please check all sources that apply:

Workers comp

Social security disability

Supplemental security income

Short term medical disability

No-fault auto insurance

Long term medical disability

Sick leave disability benefits

Yes No Have you consulted with an attorney for any matters related to this problem?

Yes No Are you currently involved in any legal action related to your pain?
 If yes, please check all that apply:
 Suit for No fault auto insurance
 Suit for social security disability income
 Suit against a third party (employer, driver of another vehicle, doctor.)
 Suit to increase your current compensation benefits

Health History

Please check all that apply:

Yes No History of tumors or cancer If yes, what type? _____
 Yes No History of diabetes. If yes, do you use insulin? Yes / No
 Yes No History of stroke
 Yes No History of high blood pressure
 Yes No History of heart disease
 Yes No History of respiratory problems (eg emphysema, asthma)
 Yes No History of head injury with loss of consciousness
 Yes No History of epilepsy (seizures)
 Yes No History of rheumatoid arthritis or lupus
 Yes No History of nerve or muscle disease If yes, specify: _____
 Yes No History of depression
 Yes No History of thyroid disease
 Yes No History of gastrointestinal reflux (GERD)
 Yes No History of HIV, AIDS

System Review

Are you currently experiencing any of the following? Please check all that apply:

Yes No Fever
 Yes No Weight loss without dieting. If yes, how much: _____
 Yes No Weight gain. If yes, how much: _____
 Yes No Loss of bladder control
 Yes No Loss of bowel control
 Yes No (Men) Difficulty with erections
 Yes No Blood in your urine
 Yes No Blood in your bowel movements
 Yes No Chest pain when you work hard
 Yes No Shortness of breath
 Yes No Frequent headaches
 Yes No Double or blurry vision
 Yes No Slurring of speech
 Yes No Difficulty chewing or swallowing
 Yes No Jaw pain
 Yes No Skin rash

Yes	No	Joint pains
Yes	No	Heartburn
Yes	No	Anxiety or panic attacks
Yes	No	Feeling sad most of the time
Yes	No	Thoughts of suicide
Yes	No	Loss of interest in things you used to enjoy doing
Yes	No	Get tired easily
Yes	No	Flashbacks or nightmares of accident or incident that caused the pain
Yes	No	Involved in an abusive relationship