

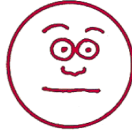





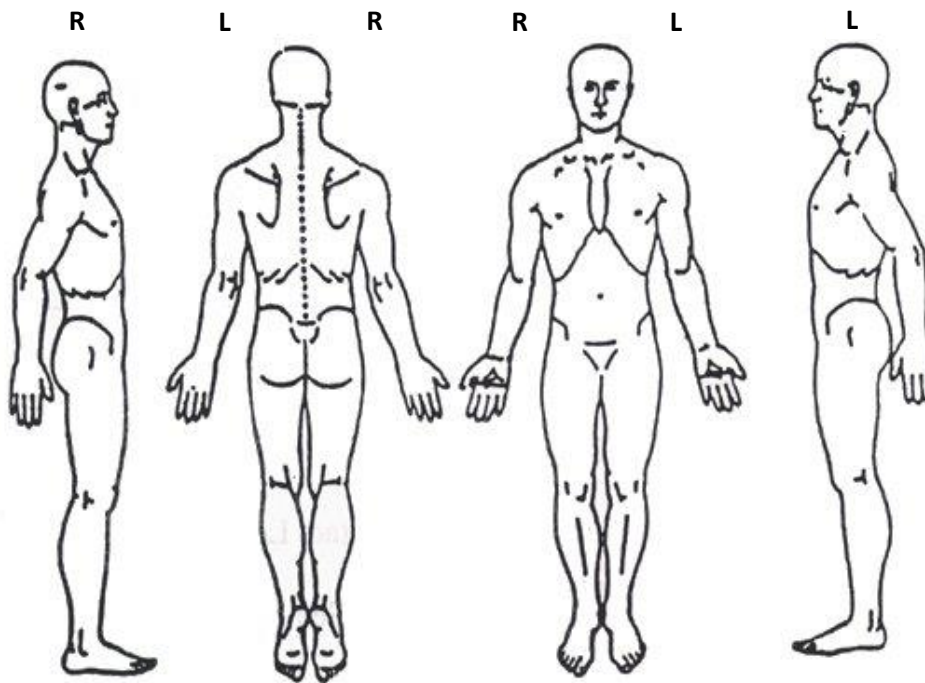
Client:

Date:

Please use the pain scale and symbols provided to indicate pain, stiffness, numbness, tingling, scars, bruises, or other current wounds. This will be a reference we can use to track your progress.

- X "X" over areas of **JOINT AND MUSCLE STIFFNESS**
- ≈ Draw squiggly lines along the areas of **NUMBNESS OR TINGLING**
- ‡ Mark **SCARS, BRUISES, OR other current WOUNDS**
- ⑤ Use the 1-5 pain scale; place a number over areas of **PAIN**.

					
0	1	2	3	4	5
No Hurt	Hurts Little Bit	Hurts Little More	Hurts Even More	Hurts Whole Lot	Hurts Worst
No Pain	Can be Ignored	Interferes with Tasks	Interferes with Concentration	Interferes with Basic Needs	Bed-Rest is Required



Long Term Goals:

Today's Goals: