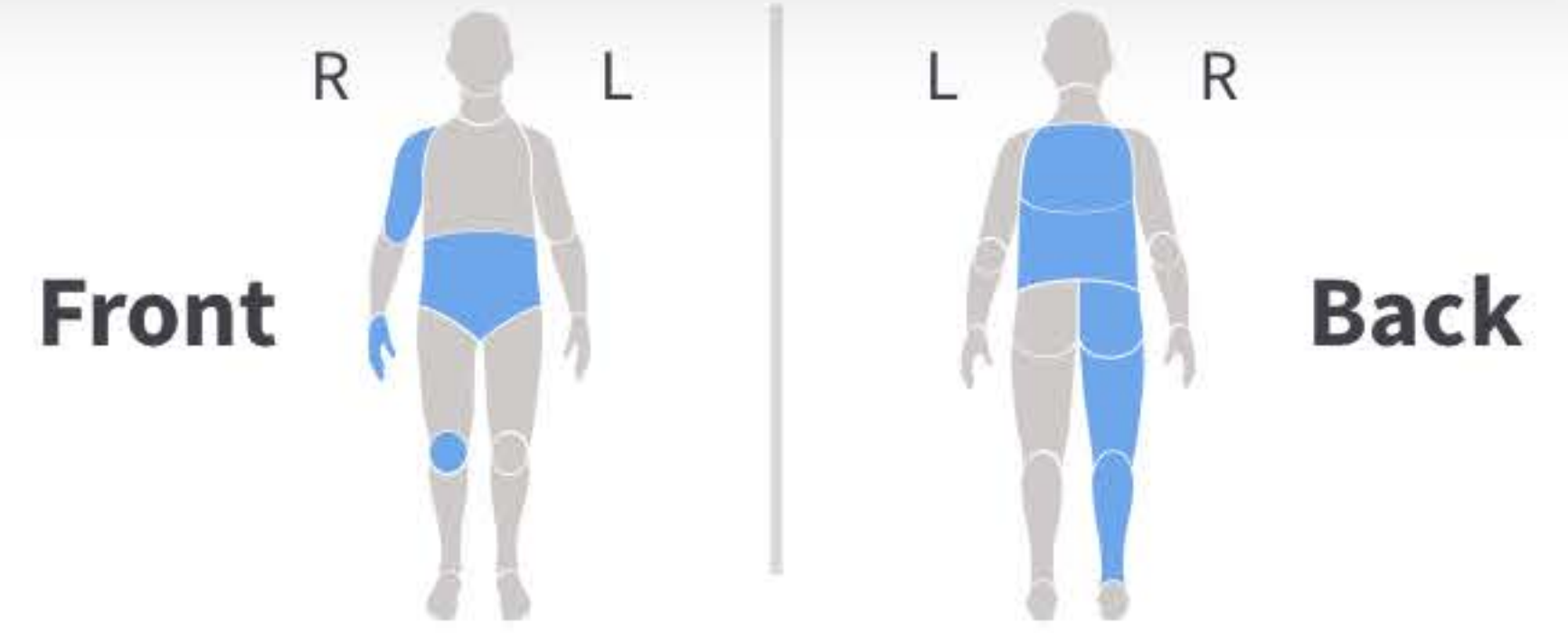


**Pain Types**

- Aching
- Cramping
- Burning
- Tingling
- Radiating
- Stabbing
- Numbness



Trends	Historical Avg.	30 Day Avg.	7 Day Avg.	Most Recent
<b>Pain</b>	<b>7.5</b>	<b>9.2</b>	<b>3.5</b>	<b>5.0</b>
<b>Activities of Daily Living (ADL)</b>	<b>1.4</b> Outstanding	<b>2.2</b> Above Average	<b>3.4</b> Functional	<b>4.8</b> Inactive

ADL = Activities of Daily Living (Hygiene, Cook, Clean, Work, Walk, Exercise)

Response to Treatment	Pain*	ADL*	Useage**
Prescription Medications	<b>3.5</b>	Functional	30/30 Days
Non-Traditional Medications	<b>5.5</b>	Inactive	29/30 Days
Acupuncture	<b>9.2</b>	Restricted	28/30 Days
Nerve Block	<b>7.5</b>	Above Average	21/30 Days
Tylenol	<b>3.3</b>	Outstanding	19/30 Days
Vicks	<b>5.3</b>	Functional	21/30 Days
Tylenol	<b>2.7</b>	Outstanding	19/30 Days

\* Historical Averages

\*\*Useage = number of days treatment was logged in past 30 day period



Date	Pain	ADL	Treatments	Medications	Moods	Sleep
12/10/16 12:23p	8	2	Acupuncture, Aqua Therapy, Bed Rest, Cold Compress, Exercise, Heat, Hot Shower, Massage, Non-traditional Meds, OTC Meds, Prescription Pain Meds, Sitting, Sleep, Spinal Cord Stimulator, Stretching, TENS Therapy, Walking, Yoga, Other	Acetaminophen, Aspirin, Carisoprodol, Cyclobenzaprine, Fentanyl, Hydrocodone, Hydromorphone, Ibuprofen, Ketorolac, Metaxalone, Methocarbamol, Morphine, Naproxen, Oxycodone, Tramadol, Other	Angry, Anxious, Depressed, Frustrated, Brain fog, Hopeful, Lonely, Stressed, Tired	Interrupted

**Notes**

Last night there was a thunderstorm and it caused my already poor sleep habits to become even worse. I had to get up several times to check to see if my dog was alright, she gets scared when there is thunder. That morning when getting out of bed i tripped over the remote that fell off my bed last night. This caused me some pain but i was able to take some Advil and it helped for a little bit.

Date	Pain	Activity	Treatments	Medications	Moods	Sleep
12/10/16 12:23p	8	2	Acupuncture, Aqua Therapy, Bed Rest, Cold Compress, Exercise, Heat, Hot Shower, Massage, Non-traditional Meds, OTC Meds, Prescription Pain Meds, Sitting, Sleep, Spinal Cord Stimulator, Stretching, TENS Therapy, Walking, Yoga, Other	Acetaminophen, Aspirin, Carisoprodol, Cyclobenzaprine, Fentanyl, Hydrocodone, Hydromorphone, Ibuprofen, Ketorolac, Metaxalone, Methocarbamol, Morphine, Naproxen, Oxycodone, Tramadol, Other	Angry, Anxious, Depressed, Frustrated, Brain fog, Hopeful, Lonely, Stressed, Tired	Interrupted

Date	Pain	Activity	Treatments	Medications	Moods	Sleep
12/10/16 12:23p	5	4	Acupuncture, Aqua Therapy, Bed Rest, Cold Compress, Exercise, Heat, Hot Shower, Massage, Non-traditional Meds, OTC Meds	Acetaminophen, Aspirin, Carisoprodol, Cyclobenzaprine, Fentanyl	Angry, Anxious, Depressed	Interrupted

Date	Pain	Activity	Treatments	Medications	Moods	Sleep
12/10/16 12:23p	5	4	Acupuncture, Aqua Therapy, Bed Rest, Cold Compress, Exercise, Heat, Hot Shower, Massage, Non-traditional Meds, OTC Meds	Acetaminophen, Aspirin, Carisoprodol, Cyclobenzaprine, Fentanyl	Angry, Anxious, Depressed	Interrupted

Date	Pain	Activity	Treatments	Medications	Moods	Sleep
12/10/16 12:23p	5	4	Acupuncture, Aqua Therapy, Bed Rest, Cold Compress, Exercise, Heat, Hot Shower, Massage, Non-traditional Meds, OTC Meds	Acetaminophen, Aspirin, Carisoprodol, Cyclobenzaprine, Fentanyl	Angry, Anxious, Depressed	Interrupted