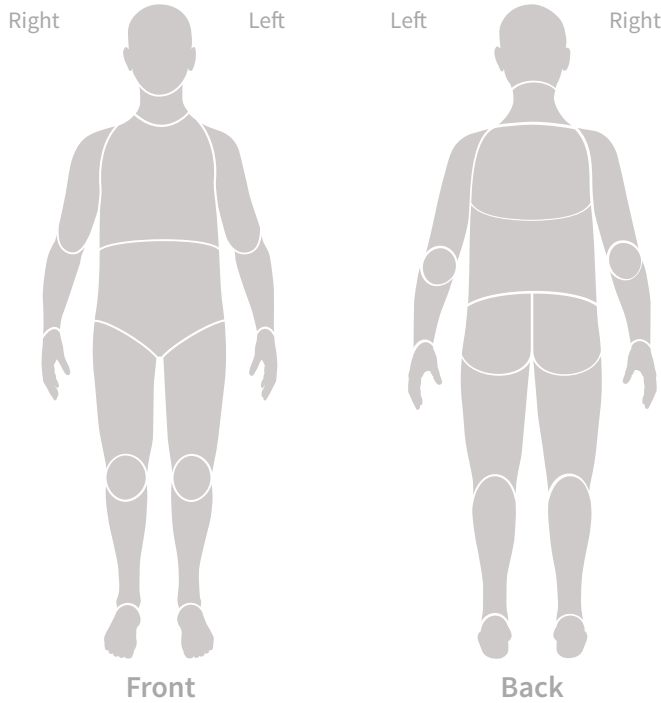


1. Where is your pain? (Indicate on body map)



2. How long have you been in pain?

- < 6 months
- 6-12 Months
- 12-24 Months
- > 24 Months

3. How bad is your pain? (1 = Faint , 10 = Debilitating)

- | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|-----------------------------|
| <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| <input type="checkbox"/> 6 | <input type="checkbox"/> 7 | <input type="checkbox"/> 8 | <input type="checkbox"/> 9 | <input type="checkbox"/> 10 |

4. Which treatments have you tried to manage your pain?

- | | | |
|---|---|--------------|
| <input type="checkbox"/> Massage/Chiropractic | <input type="checkbox"/> Physical Therapy | Other: _____ |
| <input type="checkbox"/> OTC Medications | <input type="checkbox"/> Spinal Cord Stimulator | _____ |
| <input type="checkbox"/> Prescription Medications | <input type="checkbox"/> Surgery | _____ |

5. Which activities are inhibited by your pain?



Eating



Hygiene



Chores



Sleep



Work



Travel



Labor



Exercise



Relationships



Romance



No Pain**Mild Pain Level / Pain Score:**

Does not interfere with most activities and is easy to manage both physically and psychologically. You can adapt to these levels of pain with low doses of medication (eg. acetaminophen) or mild aids such as pain patches, ice packs, or heating pads.

Examples:

- Back abrasions
- Lower back abrasion
- Muscle spasm

Uncomfortable Pain Level/Pain Score

Interferes with many activities of daily living and requires changes to daily lifestyle to manage pain symptoms. Lower back pain is more noticeable and it becomes increasingly important to seek treatments.

Examples

- Deep lumbar pain
- Deep muscle strain
- Piercing ligament strain
- Microscopic muscle tear
- Sacroiliac joint disease

Severe Pain Level/Pain Score

At this stage you are no longer able to engage in normal activities and seeking support from a caregiver, stronger medications, are in the market for potential surgery, or are seeking less invasive surgical solutions like spinal cord stimulation to help improve your ability to function independently.

Examples

- Bulging disc
- Cauda equina syndrome
- Crushed lower back
- Complex regional pain syndrome
- Crushed vertebra
- Herniated disc
- Severe fall
- Severe car accident
- Slipped discs
- Spinal stenosis
- Spinal trauma

0 NO PAIN**1 FAINT PAIN**

Your mobility and activities of daily living are in no way impacted. You feel no need to seek treatment or medical attention.

2 MILD PAIN

You are aware of the lower back pain but it is very easy to ignore. You do not notice any restriction in movement of your back.

3 MODERATE PAIN

Uncomfortable but tolerable level of pain in your lower back that is noticeable but easy to forget or ignore over time. You are able to continue daily activities and your quality of life is not yet impacted.

4 UNCOMFORTABLE PAIN

This level of throbbing lower back pain that is constantly on your mind. Over time and untreated, this level of pain will impede your ability to live a normal life. Pain that has started in your lower back may now be spreading to your hips, groin, arms, legs or upper back.

5 DISTRACTING PAIN

Piercing deep, penetrating lower back pain that makes it difficult to manage your activities of daily living. The pain becomes consistently noticeable and you become more anxious and psychologically impacted by your pain symptoms.

6 DISTRESSING PAIN

Deep lower back pain that controls your mindset and psychological outlook on your body's ability to recover. At this pain score, you are likely seeking clinical expertise for a diagnosis and treatment regime.

7 INTENSE PAIN

The level of radiating lower back pain is completely dominating your mindset and outlook on recovery. You are reaching a point where your pain level is impeding your ability to operate daily functions and cognitive thinking. Management of this level of pain requires more medical expertise, prescription drugs, and the level of severity has you considering surgery (eg. spinal cord stimulation) as a treatment option.

8 UNMANAGEABLE PAIN

Your pain is so intense that you can no longer think clearly and are experiencing personality changes. Your lower back is experiencing shooting pain that results in numbness, tingling, and extreme discomfort where it impedes your ability to be mobile and active.

9 SEVERE PAIN

This level of excruciating pain is so intense that you are unable to tolerate the level of pain and are seeking stronger medications, surgery, and emergency psychological intervention to manage the pain.

10 DEBILITATING PAIN

This unimaginable level is so intense you may go unconscious. This type of pain is likely incurred during a severe accident (eg. spinal trauma) and your body is unable to recover on its own. Emergency treatment is needed.