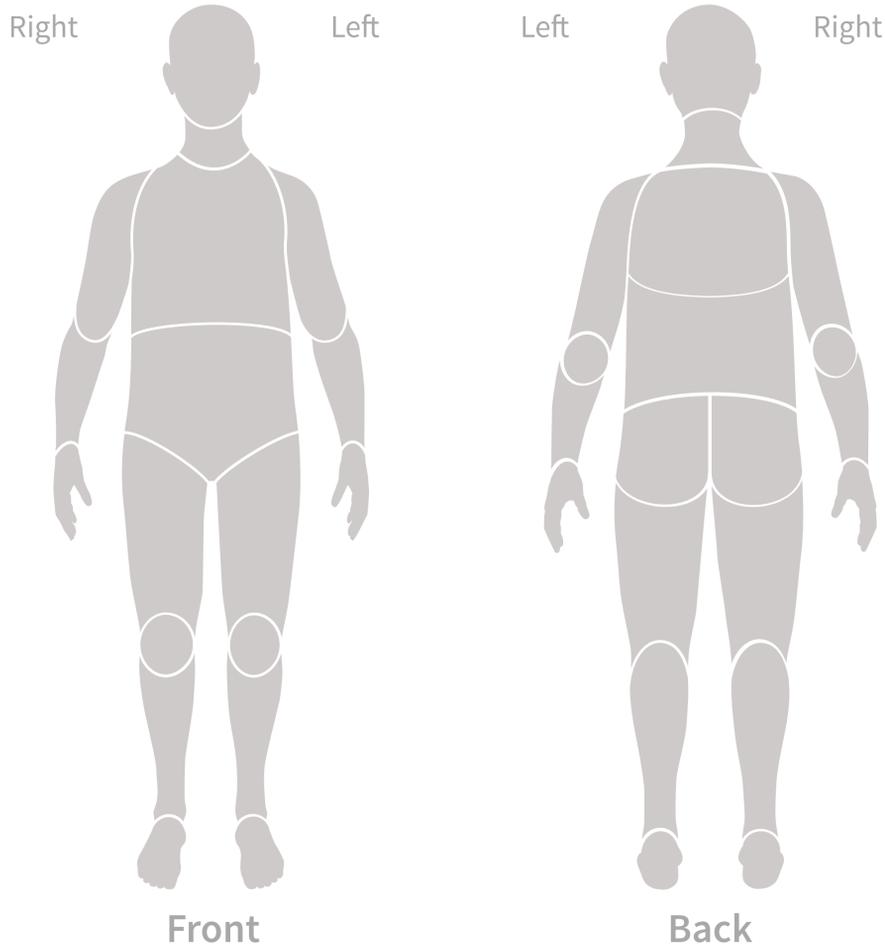


1. Where is your pain? (Indicate on body map)

2. How long have you been in pain?



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

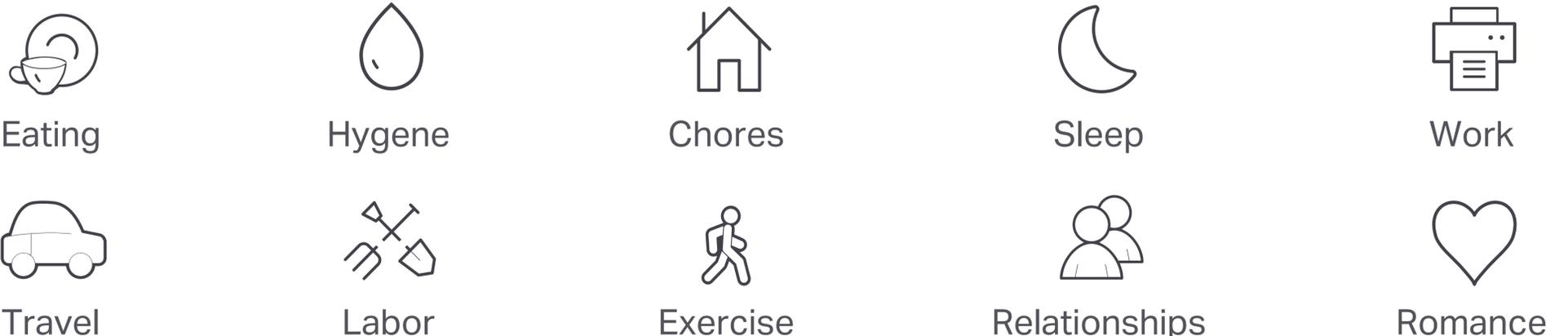
3. How bad is your pain? (1 = Faint , 10 = Debilitating)

- 1 2 3 4 5
- 6 7 8 9 10

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

- Massage/Chiropractic
- Physical Therapy
- OTC Medications
- Spinal Cord Stimulator
- Prescription Medications
- Surgery
- Other: _____
- _____
- _____

5. Which activities are inhibited by your pain?



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), dietary changes, or bed rest.

Examples:

- Muscle sprain or strain
- Muscle cramps

Uncomfortable Pain Level/Pain Score

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

Examples

- Extreme fatigue and body soreness
 - Hypertension
 - Hormone-related headache
- Moderate migraine

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 to help improve your ability to function independently.

Examples

- Fatal drop in serotonin
- Severe migraine headache
- Severe temple pain
- Whiplash
- Wry neck

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 headache pain but it is very easy to ignore.

3 MODERATE PAIN

Uncomfortable but tolerable level of pain in your head 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 head 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 head and may be moving down your neck.

5 DISTRACTING PAIN

Piercing migraine 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. You may experience weakness, blurred vision and radiating pain in your neck and head.

6 DISTRESSING PAIN

Migraine 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 regiment.

7 INTENSE PAIN

The level of radiating head 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 expert treatment and stronger medications.

8 UNMANAGEABLE PAIN

Your pain is so intense that you can no longer think clearly and are experiencing personality changes. Your head and neck are 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 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. head injury) and your body is unable to recover on its own. Emergency treatment is needed.