

1. Pain can be difficult to describe, please check the words that best describe your symptoms:

- | | | | | | | |
|-----------------------------------|------------------------------------|-----------------------------------|-----------------------------------|--|-----------------------------------|------------------------------------|
| <input type="checkbox"/> Burning | <input type="checkbox"/> Throbbing | <input type="checkbox"/> Stabbing | <input type="checkbox"/> Aching | <input type="checkbox"/> Tingling | <input type="checkbox"/> Twisting | <input type="checkbox"/> Squeezing |
| <input type="checkbox"/> Cramping | <input type="checkbox"/> Cutting | <input type="checkbox"/> Shooting | <input type="checkbox"/> Numbness | <input type="checkbox"/> Stinging | <input type="checkbox"/> Pulling | <input type="checkbox"/> Pressure |
| <input type="checkbox"/> Coldness | <input type="checkbox"/> Dull | <input type="checkbox"/> Vague | <input type="checkbox"/> Smarting | <input type="checkbox"/> Indescribable | | |

2. Mark your average level of pain in the last month:

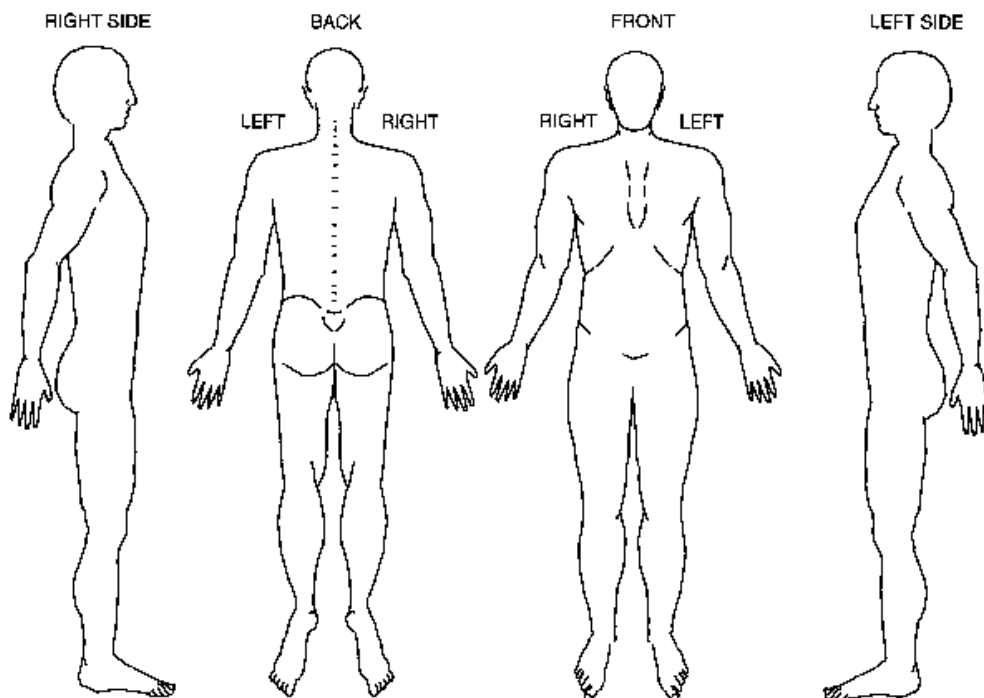
0 ____ 1 ____ 2 ____ 3 ____ 4 ____ 5 ____ 6 ____ 7 ____ 8 ____ 9 ____ 10

3. Mark your average level of pain in the last week per side:

Right side: 0 ____ 1 ____ 2 ____ 3 ____ 4 ____ 5 ____ 6 ____ 7 ____ 8 ____ 9 ____ 10

Left side: 0 ____ 1 ____ 2 ____ 3 ____ 4 ____ 5 ____ 6 ____ 7 ____ 8 ____ 9 ____ 10

4. Where is your pain located? Mark on the diagram:



Do you have any of the following?

- | | | |
|--|---|---|
| 5. Neck pain/tightness or occipital headaches/migraines? | Y | N |
| 6. Upper back pain/tightness or muscle knots? | Y | N |
| 7. Shoulder pain and weakness? | Y | N |
| 8. Numbness or tingling that radiates down your arm? | Y | N |

Have you ever been told you may have any of the following? (Circle all that apply)

- | | | |
|---|------------------------------|---------------------------------|
| Complex regional pain syndrome (CRPS) | Fibromyalgia | Myofascial pain/tightness |
| Cervical radiculopathy or neuralgia | Post-mastectomy pain | Scapula dyskinesia/SICK scapula |
| Occupational shoulder or work muscle disorder | Thoracic outlet syndrome | Upper cross syndrome |
| Cervicogenic or occipital headaches/migraines | Subacromial impingement/pain | |