



# Pain diary

A pain diary is an effective way for you to monitor your pain over a period of time. It will then act as a comprehensive guide for your doctor, so he/she can work out the best course of treatment for you.

Simply print off enough sheets for a week so you can fill in the details as you go. After all, it's far more effective than trying to remember exactly what you were feeling on a particular day.

You may find it helpful to keep copies of your diary and fill it in again at a later date. This will help you to see whether any exercises, treatments or other actions that you are taking to manage your pain are making your pain better or worse.

## Do this every day

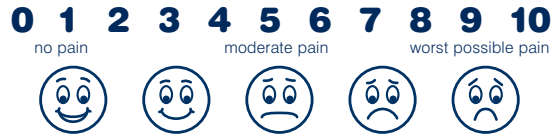
**At the end of each day you should consider the following details:**

- The worst pain you experienced in the past 24 hour period and what made it get so bad.
- The least pain you felt in the past 24 hours and what made it feel better, i.e. what were you doing?
- How your pain interfered with your sleep the night before.
- How you felt today, e.g. tired, sad, happy etc.

Day:

Date:

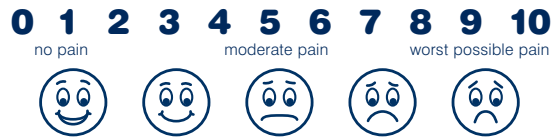
# Worst



What made your pain worse?

Activities you could do today

# Best



What made your pain better?

Activities you could not do today

# Sleep



Mood - How do you feel today?

**Date your pain started:**

**Other problems related to your pain:**

**Where do you feel your pain:**

**Shade in the areas on your body where you have felt pain this week:**

