Pain Diary

Why it is important to keep a pain diary: Your doctor needs detailed information to identify causes, stresses, triggers and patterns of pain in order to create a treatment plan specifically for you.

A diary and measuring tool such as this, along with a pain chart, might help to:

- Explain what your pain is like for you, does it interrupt daily activities like walking, working or sleeping
- Help keep track of how effective your medication is, when you took them, how much relief they provided and for how long.
- Note any side effects of pain medications (such as sleepiness or constipation)
- Describe other treatments you may have tried (yoga, remedies, non prescription drugs), and whether they provided any relief.
- Keep track of anything that improves the pain such as (sitting instead of standing, better after a hot shower, etc.)

Key to pain intensity

0  1  2  3  4  5  6  7  8  9  10
No pain  Moderate pain  Worst Pain Imaginable

Use this diary to record your pain and what you did to treat it. This will help your health care provider to understand your pain better. Fill in the information and bring the journal with you to your next appointment.