Pain diary

Use this pain diary to write down when you feel pain, what it feels like, what you were doing at the time and what helped. It can help you explain your pain to a healthcare professional, or anyone helping to look after you.

Time	Where is the pain?	What does it feel like?	Pain score 0 to 10	What were you doing?	What helped?	Who did you contact?
8am	Lower back	Aching and sharp when moving	6	Getting out of bed	Took prescribed pain medicine and rested	Not needed

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