Circle the area or areas that best describe the location of the pain you are feeling.

On a scale of 1 to 10, with 1 being the least and 10 being the most painful, circle how you would rate that pain.

Check any of the following terms that describe your pain:

- Aching
- Burning
- Sharp
- Stabbing
- Prickling
- Deep
- Splitting
- Intense
- Sore
- Pounding
- Crampy
- Tight
- Tingling
- Throbbing
- Pinching
- Dull
- Tender
- Beating
- Itchy
- Unbearable
- Cold