

Daily Pain Log



Date:

Patient:

Birthdate:

Side:

You have just had an injection of Local Anaesthetic solution, steroid, or a combination of the two for the purpose of pain relief and localization. Please take this sheet with you and use it as a record for monitoring your symptoms. This information has important diagnostic and therapeutic implications for your treatment. Please bring it to your appointment when you next see Mr Achan. Thank You

Pramod Achan

Legend:

- Hyperflexion
- Flexion, Adduction, Internal Rotation
- Flexion, Abduction, External Rotation

Day	Day of Week	Time	No Pain	←	→	Pain	←	→	Worst Pain				
1		Immediately pre-injection	0	1	2	3	4	5	6	7	8	9	10
1		Immediately post-injection	0	1	2	3	4	5	6	7	8	9	10
1		2 hours post-injection	0	1	2	3	4	5	6	7	8	9	10
1		4 hours post-injection	0	1	2	3	4	5	6	7	8	9	10
1		8 post-injection	0	1	2	3	4	5	6	7	8	9	10
2		AM	0	1	2	3	4	5	6	7	8	9	10
2		PM	0	1	2	3	4	5	6	7	8	9	10
3		AM	0	1	2	3	4	5	6	7	8	9	10
3		PM	0	1	2	3	4	5	6	7	8	9	10
4		AM	0	1	2	3	4	5	6	7	8	9	10
4		PM	0	1	2	3	4	5	6	7	8	9	10
5		AM	0	1	2	3	4	5	6	7	8	9	10
5		PM	0	1	2	3	4	5	6	7	8	9	10
6		AM	0	1	2	3	4	5	6	7	8	9	10
6		PM	0	1	2	3	4	5	6	7	8	9	10
7		AM	0	1	2	3	4	5	6	7	8	9	10
7		PM	0	1	2	3	4	5	6	7	8	9	10