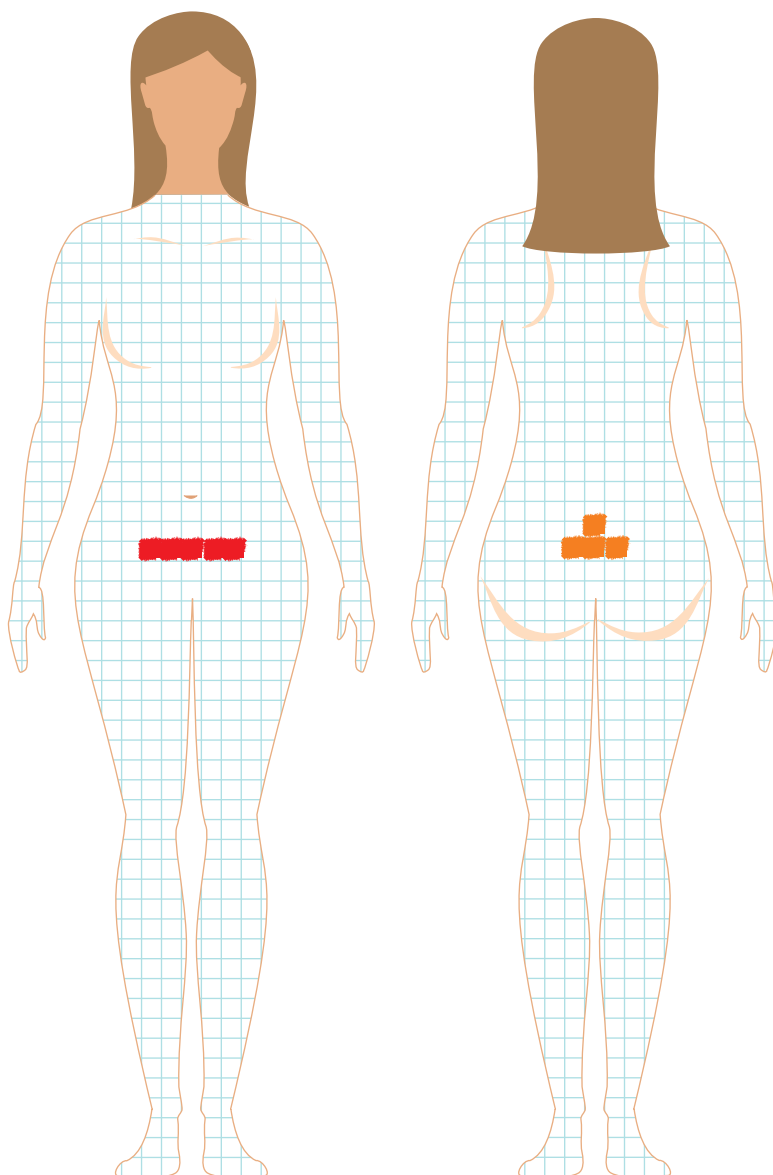


SAMPLE PAIN MAPPING WORKSHEET

INSTRUCTIONS:

Make a copy of this page, and color in the squares to show the location of your pain. (You may use different colored pencils/markers for different kinds of pain.) Bring your completed pain mapping worksheet with you to your follow-up appointments.

My Key: ■ = intense pain ■ = moderate pain



MY PAIN MAPPING WORKSHEET

INSTRUCTIONS:

Make a copy of this page, and color in the squares to show the location of your pain. (You may use different colored pencils/markers for different kinds of pain.) Bring your completed pain mapping worksheet with you to your follow-up appointments.

My Key:

