ARM	
Location	□ Right Arm □ Left Arm □ Both Arms
Pain Ratings	□ 0 □1 □2 □3 □4 □5 □6 □7 □8 □9 □10 (Excruciating)
Frequency	☐ Infrequent < 25% ☐ Occasional 25% to 50%
	☐ Frequent 50% to 75% ☐ Constant > 75%
Pain / Severity	□ No Pain □ Pain □ Numbness □ Tingling / □ Mild □ Moderate □ Severe
Associated with	☐ Numbness ☐ Bruises/Abrasions ☐ Tingling ☐ Increased sensitivity ☐ Weakness
Radiates to	☐ Right Shoulder ☐ Right Elbow ☐ Left Elbow
	□ Right Forearm □ Right Hand □ Left Hand
	□ Right Fingers □1 □2 □3 □4 □5 □ Left Fingers □1 □2 □3 □4 □5
Described as	□ Aching □ Dull □ Sharp □ Stabbing □ Throbbing
At its worst	☐ Morning ☐ Afternoon ☐ Evening
	☐ Night After Activities: ☐ Light ☐ Moderate
What makes it better?	□ Medication □ Lying Down □ Standing □ Sitting □ Stretching
	☐ Range of Motion ☐ Nothing
What makes it worse?	☐ Driving ☐ Housework ☐ Lifting ☐ Pulling ☐ Pushing
	□ Range of Motion □ Working