FOREARM	
Location	☐ Right Forearm ☐ Left Forearm ☐ Both Forearms
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 ☐ Tingling ☐ Increased sensitivity ☐ Weakness ☐ Burns ☐ Abrasions
Radiates to	☐ Right Shoulder ☐ Left Shoulder ☐ Right Elbow ☐ Left Elbow ☐ Right Forearm ☐ Left 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?	☐ Grasping ☐ Housework ☐ Lifting ☐ Driving ☐ Working