GROIN	
Location	□ Left Groin □ Right Groin □ Both Groins
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 □ Tingling □ Increased sensitivity
	☐ Tightness ☐ Stiffness ☐ Decrease ROM
Radiates to	☐ Left Lower back ☐ Right Lower back ☐ Right Buttocks ☐ Left Buttocks
	☐ Right Knee ☐ Left Knee ☐ Right Calf ☐ Left Calf
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?	☐ Movement ☐ Lifting ☐ Bending ☐ Straining ☐ Walking
	Prolonged: ☐ Sitting ☐ Standing ☐ Walking