MID BACK	
Location	□ Left □ Right □ Both □ Center
Pain Ratings	□ 0 □ 1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 □ 8 □ 9 □ 10 (Excruciating)
Frequency	□ Infrequent < 25%
Pain	□ No Pain □ Pain □ Numbness □ Tingling
Severity	□ Mild □ Moderate □ Severe
Associated with	□ Numbness □ Tingling □ Increased sensitivity □Tightness □ Decreased ROM
Radiates to	Neck Right Ribs Left Ribs Lower back
Described as	□ Aching □ Dull □ Sharp □ Stabbing □ Throbbing
At its worst	Image: Morning   Image: Afternoon   Image: Evening   Image: During Night     Image: After Light Activities   Image: After Moderate Activities   Image: During Night
What makes it better?	□ Medication   □ Lying Down   □ Standing   □ Sitting     □ Stretching   □ Range of Motion   □ Nothing
What makes it worse?	Upper body movement Lifting Working Sneezing Housework Coughing Bending Prolonged: Sitting Standing Walking