| NECK                  |   |
|-----------------------|---|
| Location              | ☐ Right Front ☐ Right Back ☐ Left Back ☐ Center                           |
| 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                             |
|                       | □ Stiffness □ Tightness □ Decreased ROM                                   |
| Radiates to           | ☐ Head ☐ Forehead ☐ Back of head ☐ Right side of head ☐ Left side of head |
|                       | ☐ Both sides of head ☐ Right shoulder blade ☐ Left shoulder blade         |
|                       | ☐ Right shoulder ☐ Left shoulder ☐ Right arm ☐ Left arm ☐ Right forearm   |
|                       | ☐ Left forearm ☐ Right hand ☐ Left hand ☐ Right fingers ☐ Left fingers    |
| 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?  | ☐ Neck Movement ☐ Sneezing ☐ Prolonged Sitting                            |
|                       | □ Prolonged Standing □ Walking  |