| UPPER BACK            |   |
|-----------------------|---|
| Location              | □ Left □ Right □ Both □ Center  |
| Pain Ratings          | □ 0 □ 1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 □ 8 □ 9 □ 10 (Excruciating)   |
| Frequency             | <ul> <li>□ Infrequent &lt; 25%</li> <li>□ Occasional 25% to 50%</li> <li>□ Frequent 50% to 75%</li> <li>□ Constant &gt; 75%</li> </ul>  |
| Pain/Severity         | □ No Pain □ Pain □ Numbness □ Tingling / □ Mild □ Moderate □ Severe   |
| Associated with       | <ul> <li>Numbness</li> <li>Tingling</li> <li>Increased sensitivity</li> <li>Tightness</li> <li>Stiffness</li> <li>ROM</li> </ul>  |
| Radiates to           | □ Neck □ Right Ribs □ Left Ribs □ Lower back  |
| Described as          | □ Aching □ Dull □ Sharp □ Stabbing □ Throbbing  |
| At its worst          | <ul> <li>□ Morning</li> <li>□ Afternoon</li> <li>□ Evening</li> <li>□ Night</li> <li>After Activities:</li> <li>□ Light</li> <li>□ Moderate</li> </ul>  |
| What makes it better? | <ul> <li>□ Medication</li> <li>□ Lying Down</li> <li>□ Standing</li> <li>□ Sitting</li> <li>□ Stretching</li> <li>□ Range of Motion</li> <li>□ Nothing</li> </ul>   |
| What makes it worse?  | <ul> <li>Upper body movement</li> <li>Lifting</li> <li>Working</li> <li>Sneezing</li> <li>Housework</li> <li>Coughing</li> <li>Bending</li> <li>Prolonged:</li> <li>Sitting</li> <li>Standing</li> <li>Walking</li> </ul> |