



Disability Attorneys
Call us at 800-682-8331

Medical Daily Pain Journal



In order to help our clients document their medical condition with their physicians and also to help the disability insurance company better understand how our clients' restrictions and limitations affect them on a daily basis, we created the Medical Daily Pain Journal.

Use this Daily Pain Journal to:

- * Document and record your pain
- * Share your medical condition with your physician
- * Help the disability insurance company better understand the effects of your disability

PAIN JOURNAL



A pain journal can help you to communicate your pain to your treating physician and identify the activities which either cause or increase your pain.

First Name:		Last Name:		Date of Birth:		/	/
Date & Time	Pain Score (0-10)	Location of pain and how it feels (achy, sharp, etc)	What I was doing when the pain started	How long the pain lasted	Non-drug techniques I tried	Name and amount of pain medicine taken	Other notes

Pain Score: 0 - No pain 10 - Worst pain