



Mark on the body charts where you feel your symptoms and how you would describe them.
eg. sharp/dull pain, ache, shoot, stab, burn, catch, weak, tight, stiff, clicking, pins & needles, numb

What is the history of the current episode? How and when did it start, what has happened since?

Do you have a relevant past history of similar symptoms or injury to this area?

What aggravates or eases your symptoms?

Have you had any medical treatment or investigations (such as x-rays) for this condition?

How is your general health and are you on any medications?

What do your work duties involve?

Do you do any regular exercise?
