



## Pain Journal: A Daily Record of Chronic Pain Symptoms

By Carol Speaker

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Communication between patient and healthcare provider can be challenging, especially when it comes to describing one's pain. We think we'll remember and, when put on the spot, we draw a blank. This journal provides the patient with the opportunity to keep a daily, detailed account of pain symptoms, medications, situational changes, moods, hydration, and medical visits. Created by a massage practitioner who specializes in severe chronic pain, this journal is designed to be as easy to use as possible. Each page contains an anatomical figure. You simply circle the area of your pain and rate it 1 - 10. You can include more detailed information, if necessary, in the provided areas. You can give the journal to your healthcare provider such as your massage therapist, physical therapist, acupuncturist or medical doctor to look over at the beginning of your appointments. Now you can make the most of your healthcare visits and get on with your pain-free life!.



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