

Pain Locator Chart

PAIN LOCATOR CHART

Name: _____ Age: _____

Gender: _____ Time: _____

Instructions: 1. Begin by carefully reviewing the body outline provided on the chart, which includes both front and back views of a human body. 2. Familiarize yourself with the legend that indicates different types and intensities of pain. The legend will provide various symbols and colors to represent your pain accurately. 3. Using the symbols and colors in the legend, mark the specific areas on the body outline where you are experiencing pain. Be sure to use the appropriate symbol and color to represent the intensity and type of pain you feel. For example, if you have a moderate, dull pain in your lower back, use the corresponding symbol and color from the legend to mark that area on the chart. 4. Be precise when marking your pain locations to help your healthcare provider understand your symptoms and provide appropriate treatment. If you are unable to mark the illustration directly, please provide detailed explanations on the space provided on the next page. 5. If you experience pain in multiple areas or of different types and intensities, use the appropriate combination of symbols and colors to represent each distinct pain. 6. Add any relevant notes or descriptions about your pain in the space provided, such as specific triggers, duration, frequency, or factors that alleviate or worsen the pain. 7. Bring the completed Pain Locator Chart to your appointment and discuss your pain symptoms with your healthcare provider. This information will guide their assessment, diagnosis, and treatment planning.

Legend: Circle: Mild pain, Triangle: Moderate pain, Square: Severe pain, Red: Sharp or stabbing pain, Blue: Dull or aching pain, Green: Burning or tingling pain

Additional Notes