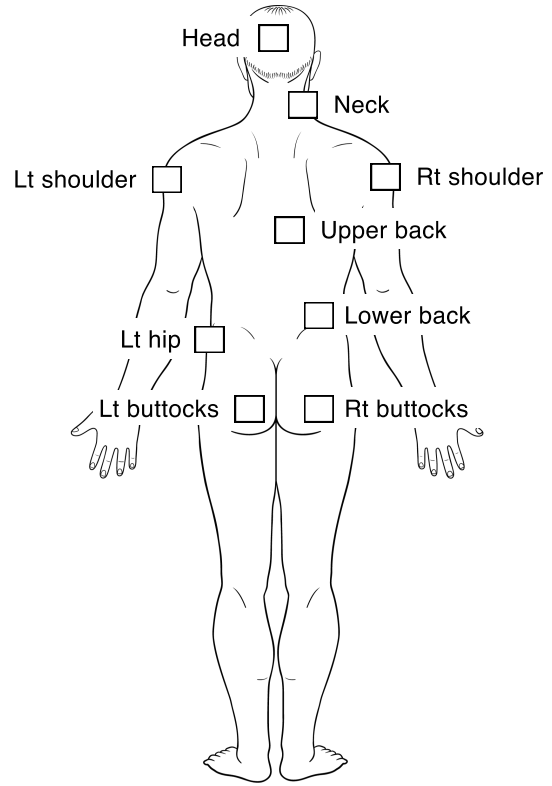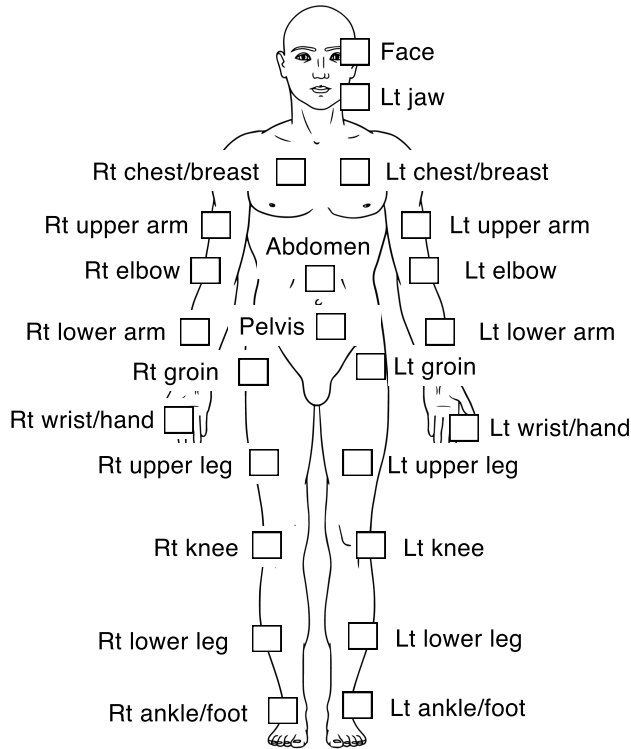# Body Pain Chart

Name: _____

Instruction: Mark areas of pain on the chart, simply place a checkmark in each location where you feel discomfort.

Rt = Right

Lt = Left

Face ☐
Lt jaw ☐
Rt chest/breast ☐   ☐ Lt chest/breast
Rt upper arm ☐   Abdomen   ☐ Lt upper arm
Rt elbow ☐   ☐ Lt elbow
Rt lower arm ☐   Pelvis   ☐   ☐ Lt lower arm
Rt groin ☐   ☐ Lt groin
Rt wrist/hand ☐   ☐ Lt wrist/hand
Rt upper leg ☐   ☐ Lt upper leg
Rt knee ☐   ☐ Lt knee
Rt lower leg ☐   ☐ Lt lower leg
Rt ankle/foot ☐   ☐ Lt ankle/foot

Head ☐
Neck ☐
Lt shoulder ☐   ☐ Rt shoulder
☐ Upper back
Lt hip ☐   ☐ Lower back
Lt buttocks ☐   ☐ Rt buttocks

Key for Describing Pain Sensations:

☐ Ache
☐ Burning
☐ Cramping
☐ Numbness

☐ Pins & Needles
☐ Stabbing
☐ Throbbing
☐ Other: _____

Pain Scale

☐ 0: No pain
☐ 1-3: Mild
☐ 4-6: Moderate
☐ 7-9: Severe
☐ 10: Worst imaginable

Notes