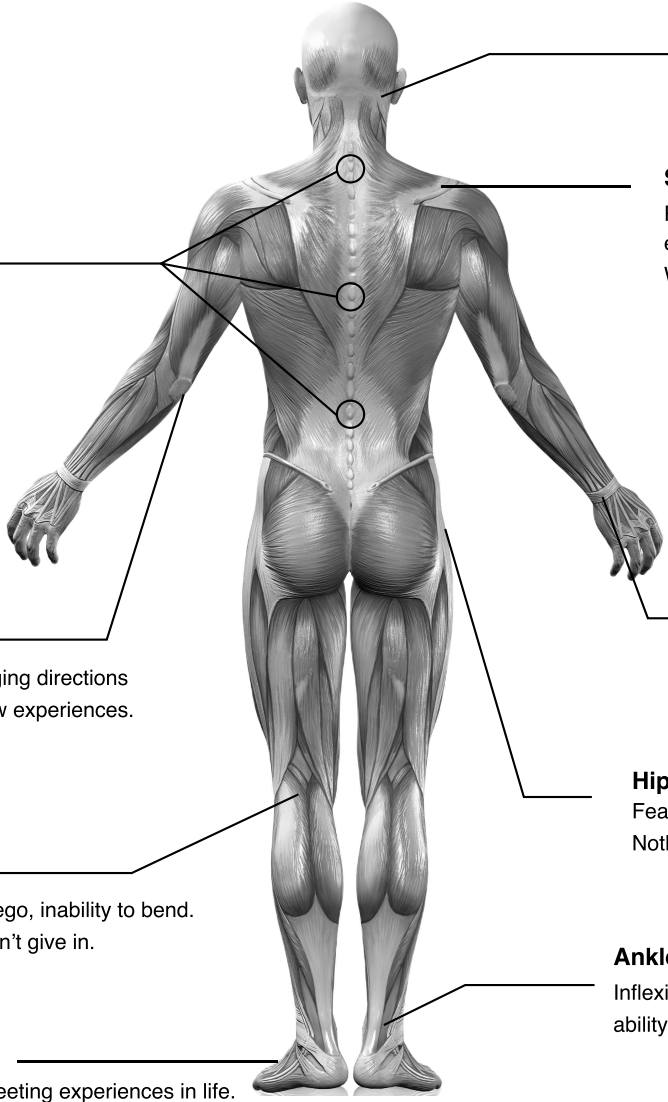


Emotional Back Pain Chart

Name:	Date:
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Instructions: Please identify the specific areas where the patient is experiencing back pain during the past week using the chart provided below.

Pain Areas and Probable Causes



Neck
Refusing to see other sides of the question. Stubbornness, inflexibility.

Shoulders
Represent our ability to carry our experiences in our life joyously. We make life a burden by our attitude.

Spine
Represents the support of life:
Upper: Lack of emotional support.
Feeling unloved.
Holding back love.
Middle: Guilt. Stuck in the past.
Get off my back.
Lower: Fear of money.
Lack of financial support.

Elbows
Represents changing directions and accepting new experiences.

Wrists
Represent movement and ease

Hips
Fear of going forward in major decisions. Nothing to move forward to.

Knees
Stubborn pride and ego, inability to bend. Fear, inflexibility. Won't give in.

Ankles
Inflexibility and guilt. Ankles represent the ability to receive pleasure.

Bunions
Lack of joy i meeting experiences in life.

Then follow the back anatomy then include the lines pointing to the specific region where they may be experiencing back pain.

Specify the region/area where the patient is experiencing pain:

<p>Area 1:</p> <p>Implications:</p>

Area 2:

Implications:

Area 3:

Implications:

Summary:

Recommendations: