

Widespread Pain Index Companion Worksheet

Name:

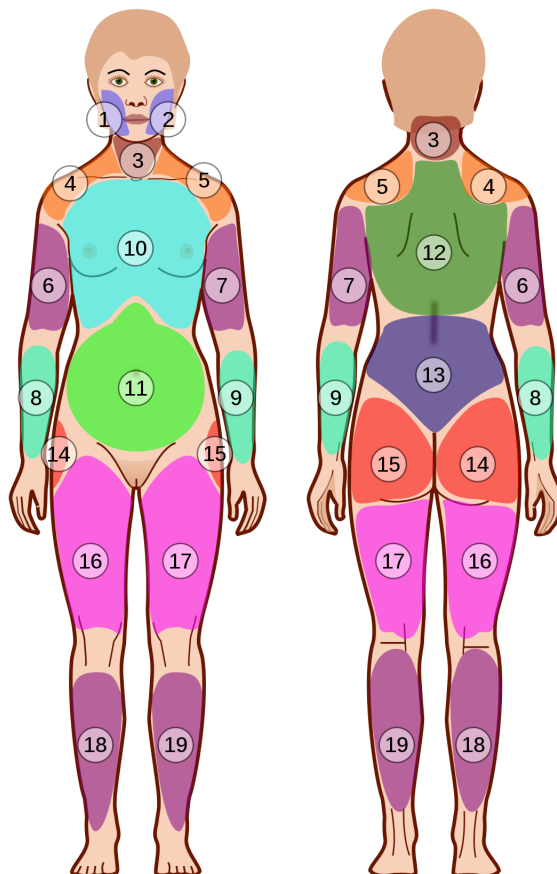
Date:

Healthcare Provider:

Objectives:

- Document and track the extent of widespread pain over time.
 - Understand potential triggers or correlates for widespread pain.
 - Facilitate effective communication with healthcare providers.
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Widespread Pain Index (WPI)



Source: <https://en.wikipedia.org/wiki/Fibromyalgia>

Body Part	Level of Pain (0-10)	Duration
Left shoulder		
Right shoulder		
Left upper arm		
Right upper arm		
Left lower arm		
Right lower arm		
Left hip		
Right hip		
Left upper leg		
Right upper leg		
Left lower leg		
Right lower leg		
Left jaw		
Right jaw		
Chest		
Abdomen		
Upper back		
Lower back		
Neck		

Pain Description and Context

1. **Describe the nature of the pain:** (Sharp, dull, aching, burning, etc.)

- Your Description:

2. **Associated Symptoms:** (Fatigue, sleep disturbance, cognitive issues, etc.)

- Your Symptoms:

Potential Triggers

1. **Did you experience any specific triggers?** (Stress, physical activity, lack of sleep, etc.)

- Your Triggers:

2. **Activities before the pain started:**

- Activities:
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Pain Management Strategies

1. **Current medications or treatments:**

- Medications/Treatments:

2. **Effectiveness of current strategies:**

- Effectiveness:

3. **Additional pain management techniques tried:** (Physical therapy, mindfulness, etc.)

- Techniques:
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Questions and Concerns for Healthcare Provider

- 1.
 - 2.
 - 3.
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Note: This worksheet is a tool to facilitate communication with healthcare providers and should not be considered medical advice. Always consult with a qualified medical professional for diagnosis and treatment.

Feel free to use this template to track your experience over time and to share it with your healthcare provider for a more personalized approach to managing widespread pain.