

REPORT ACHES OR PAIN NOW



Bung knee?

Crook back?

Niggly shoulder?

stiff neck?

Dicky elbow?

REPORT FORM
WHERE DO YOU HURT?
REPORT YOUR ACHES TO A GOOD CARER LIKE THIS CARER

Name: _____
Date: _____

Mark on the figure below where you feel achy or sore, and rate how sore you're feeling.

FRONT BODY				BACK BODY				LEFT HAND		RIGHT HAND	
HOW SORE IS YOUR PAIN?				HOW OFTEN DO YOU SUFFER FROM PAIN?							
Shoulder	Wrist	Forearm	Shoulder	Neck	Upper back	Lower back	Buttocks	Thumb	Index	Middle	Ring
1	2	3	4	1	2	3	4	1	2	3	4

Continued on other side >>

**IT WILL ONLY TAKE A FEW MINUTES
TO FILL OUT AN EARLY REPORT FORM**



FIND OUT HOW AT CHASNZ.ORG/WSNH



**WORK
SHOULD NOT
HURT.**

