

Preparing for your Appointment: BACK PAIN

Write down your symptoms:

- When did your back pain begin?

- Do you know what caused your back pain?

- Exactly where is your pain located?

- Is your pain continuous or does it come and go?

- What does the pain feel like? Examples are burning, tight, and sharp.

- Rate the back pain on a scale of 0 -10 with 10 being the worst pain.

- What makes your back pain worse?

- What makes your back pain better?

- Do you have any other associated symptoms with your back pain such as bowel and bladder issues or pain, numbness and weakness in your legs?

Bring Back pain related records to your appointment:

- Have you seen a medical provider for this condition? If so, what testing and treatment has been provided?