

Preparing for your Appointment: NECK PAIN

Write down your symptoms:

- When did your neck pain begin?

- Do you know what caused your neck pain?

- Exactly where is your pain located?

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

- What does your pain feel like (tight, sharp, etc.)?

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

- What makes your neck pain worse?

- What makes your neck pain better?

- Do you have any other associated symptoms with your neck pain such as headaches or pain, numbness and weakness in your arms?

Bring neck pain related records to your appointment:

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