

//// sharp/stabbing

ooo pins & needle/numbness

xxx burning/electric shocks

Type of pain

- ☐ Acute (in the moment)
- ☐ Chronic (persistent)
- ☐ Sharp
- □ Stabbing
- □ Pins and needles
- ☐ Numb
- ☐ Burning
- ☐ Electric shots
- ☐ Deep
- ☐ Dull
- ☐ Aching

Use the chart below to estimate your pain

