



Iffley Acupuncture Clinic

Evaluating Pain

Name:

Date:

A clear description of pain will enable a more accurate diagnosis and support a more appropriate treatment principle. You can use the table below to help you build a more succinct description of your condition and pain. There are five areas that you might consider and a number of charts/ diagrams that will enable you to be clearer about its location.

1. Nature of Pain

There many different types of pain and nature of them can indicate the cause of your condition. Please use the table below to help you identify the nature of your pain, not its location.

Type of pain	Description	Tick
Soreness	<i>This is not a severe pain, it is more dull in nature and frequently occurs in the arms and legs</i>	
Heavy	<i>A relatively dull ache or pain that is accompanied by a feeling of 'heaviness'. It can be felt in either the limbs, head or whole body</i>	
Distending	<i>Pain that is accompanied by a feeling of distension or bloating, often felt in the chest, beneath it the chest, the flanks and in the abdomen. It is frequently experienced in digestive complaints and in premenstrual conditions. It may actually be seen.</i>	
Fullness	<i>An ache that is accompanied by 'fullness'. Fullness is different from distension in that a person actually feels full and its location is possibly hard to touch, a little like one feels after eating a big meal. It is usually felt in the area just below the sternum and above the navel, (the epigastrium) or in the abdomen or belly</i>	
Colicky	<i>Colicky pain is spastic or cramping in nature. It also usually felt in the epigastrium or abdomen. It may be associated with painful periods</i>	
Spastic	<i>This is a sharp pain that is accompanied by a feeling of spasm. It may be felt in the arms and legs and possibly, the head.</i>	
Distressing	<i>Whilst all pain can be considered to be distressing, this type of pain will be accompanied by feelings of restlessness, unease, anxiousness and perhaps palpitations. The pain may be felt in the chest, epigastrium and or the abdomen.</i>	
Stiffness	<i>Pain accompanied by a feeling of 'stiffness' is a little like 'fullness' but less severe or intense. It is more frequently encountered in the chest or epigastrium.</i>	
Pushing	<i>Pushing pain is experienced with a feeling like something is 'pushing' outwards. It can occur in the epigastrium and the hypochondrium, (an area just beneath the ribs and more to the sides than the centre).</i>	
Pulling	<i>This is a sharp pain that feels like the skin is being pulled. It occurs only on the head.</i>	
Cutting	<i>'Cutting' pain is very sharp in nature and feels like a knife. It is frequently experienced in the abdomen and may accompany menstrual pain</i>	
Throbbing	<i>This type of pain is often severe and is accompanied by a feeling of 'throbbing' or pulsing. It is often felt in the head.</i>	
Boring	<i>'Boring' pain is comparable to 'cutting' pain, it is severe in nature and may feel like the point of a knife or nail. It is usually found in one location only. It may be felt in the head, chest, epigastrium, hypochondrium or the abdomen</i>	
Other	<i>You may have another pain description that you use.</i>	

2. *Time of Pain*

Please use the list below to record the timing of your pain- tick the appropriate box

- Daytime pain
- Pain at night
- Intermittent pain
- Continuous pain
- Pain after eating
- Pain before eating
- Pain after defecation
- Pain before defecation and alleviated after it
- Pain before a period
- Pain during your period
- Pain after your period
- Mid-cycle pain

3. *Area of Pain*

Please tick the appropriate box

- Localized pain - is the pain fixed and occurring in one area
- Localized pain – but more than one area one area
- Moving pain - does the pain occur in different locations or seem to wander from location to location

Please also feel free to draw on the accompanying charts to help you locate the areas of pain more accurately.

4. *Response of Pain to Pressure and Temperature*

Please tick the appropriate box.

Is the pain:-

- Aggravated by pressure:** does it hurt to touch?
- Alleviated by pressure:** does it feel better for touch and or pressure?
- Aggravated by warmth or heat:** does your condition get worse in warm or hot environments or times of the year?
- Alleviated by warmth:** does it feel better in the warm weather / for a hot bath or shower / a warming meal or drink / a hot water bottle or something similar?
- Aggravated by cold:** does it get worse in cool and cold weather / the application of an ice pack or something similar?
- Alleviated by cold:** does it get better in cool and cold weather / the application of something cold?
- Aggravated by damp:** does your condition get worse in damp weather?