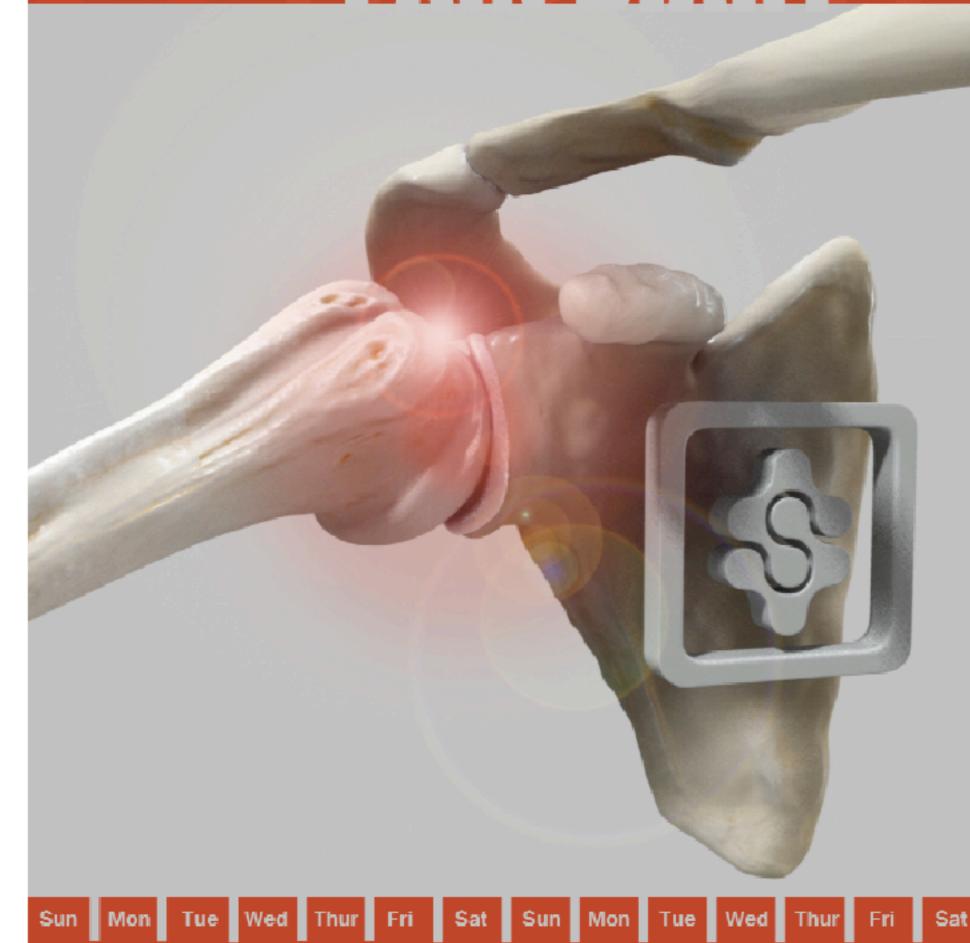
## Shoulderdoc.co.uk

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## Shoulderdoc PAIN DIARY



120 Princess Road, Manchester, M15 5AT Tel: 0161 2270027 Email: info@shoulderdoc.co.uk Web: www.shoulderdoc.co.uk It is important for us to know how your progress after surgery or injection. An ideal way to do this is for us to have a diary of your pain after the procedure. It is useful for us to improve our care for future patients and for clinical governance.

We would be most grateful if you could spare time to complete this and bring it to each of your clinic appointments.

Alternatively, you may prefer to use our iPhone and Android App. These can be found on the website www.shoulderdoc.co.uk and called 'ShoulderDiary'

It is important that you attend your review appointment, so that your clinician can assess the outcomes of the procedure and provide you with additional advice as appropriate.

Please complete the following diary as best as possible and bring it to your follow- up clinic.
Please mark the appropriate pain score each hour/day by circling the number which represents your average pain for the hour/day.
Your name:
Date of Birth:
Date of surgery / injection:
Injector site / side:
Type of Operation / Injection:

Please complete the section below by circling a number, which relates average pain score for that time period.

	No Pain								W	/orst	Pain	Daily comments
Day 1	0	1	2	3	4	5	6	7	8	9	10	
Day 2	0	1	2	3	4	5	6	7	8	9	10	
Day 3	0	1	2	3	4	5	6	7	8	9	10	
Day 4	0	1	2	3	4	5	6	7	8	9	10	
Day 5	0	1	2	3	4	5	6	7	8	9	10	
Day 6	0	1	2	3	4	5	6	7	8	9	10	
Day 7	0	1	2	3	4	5	6	7	8	9	10	
Week 2	0	1	2	3	4	5	6	7	8	9	10	
Week 3	0	1	2	3	4	5	6	7	8	9	10	
Week 4	0	1	2	3	4	5	6	7	8	9	10	
Month 2	0	1	2	3	4	5	6	7	8	9	10	
Month 3	0	1	2	3	4	5	6	7	8	9	10	
Month 4	0	1	2	3	4	5	6	7	8	9	10	
Month 5	0	1	2	3	4	5	6	7	8	9	10	
Month 6	0	1	2	3	4	5	6	7	8	9	10	
Month 7	0	1	2	3	4	5	6	7	8	9	10	
Month 8	0	1	2	3	4	5	6	7	8	9	10	
Month 9	0	1	2	3	4	5	6	7	8	9	10	
Month 10	0	1	2	3	4	5	6	7	8	9	10	
Month 11	0	1	2	3	4	5	6	7	8	9	10	
Month 12	0	1	2	3	4	5	6	7	8	9	10	