



General Questions for Nonacute Injuries

What happened and how did it happen? If the symptoms came on gradually, when did they first appear and what were you doing at the time?

What activities aggravate the injury now?

What makes it feel better?

When you work out, when do the symptoms come on and how long do they persist?

Do the symptoms interfere with daily activities, and if so, what activities?

Can you describe the pain?

- Quality of pain (Sharp, dull, achy)
- Intensity (0-10 scale)
- Localized or diffuse
- Referral to other segments
- Changes in the pain from when it started (Intensified or lessened over time)

Does the pain wake you up at night?

Is there any time during the day that the pain is worse or less, or is the pain activity related?

What treatment, if any, have you self-administered?