



General Questions for Chronic Injuries

What hurts (What is the chief complaint)?

When did the injury occur?

Was it a sudden onset, or did the symptoms appear gradually over time?

If sudden, do you know how it happened or what caused it?

If gradual, when did the symptoms first appear and what were you doing at the time?

Can you describe the pain?

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

When does it hurt?

Is the pain constant or intermittent?

Once the injury is irritated, how long does the pain last?

What activities make the pain worse?

How much do the pain or symptoms interfere with activity?

What activities make the pain better?

Have you made any abrupt or significant changes in training?

- Change in intensity, duration, training surface, type of activity
- Any change in training implements (Tennis racket grip, bat weight, shoes)

What is the previous history for this body region (Nature, severity, duration of symptoms; treatment received)?

What is the previous history for the opposite side?

Are there any other medical conditions to be aware of?

- Change in diet or weight?
- Recent illness?
- Other signs and symptoms?
- Existing medical conditions?
- Taking any medications or receiving any treatment?