

# Suzanne Duncan MD

## PAIN DIAGNOSIS & INJURY REHABILITATION CLINIC FOLLOW UPS – PLEASE FILL OUT EACH VISIT

MEDICAL CLINIC: \_\_\_\_\_ 3298 Summit Blvd, Suite 4, Pensacola, FL \_\_\_\_\_ HOME VISIT

DATE: \_\_\_\_\_ NAME : \_\_\_\_\_ Pharmacy: \_\_\_\_\_

DOB: \_\_\_\_\_ AGE: \_\_\_\_\_ COPAY(Specialist): \_\_\_\_\_ PCP: \_\_\_\_\_

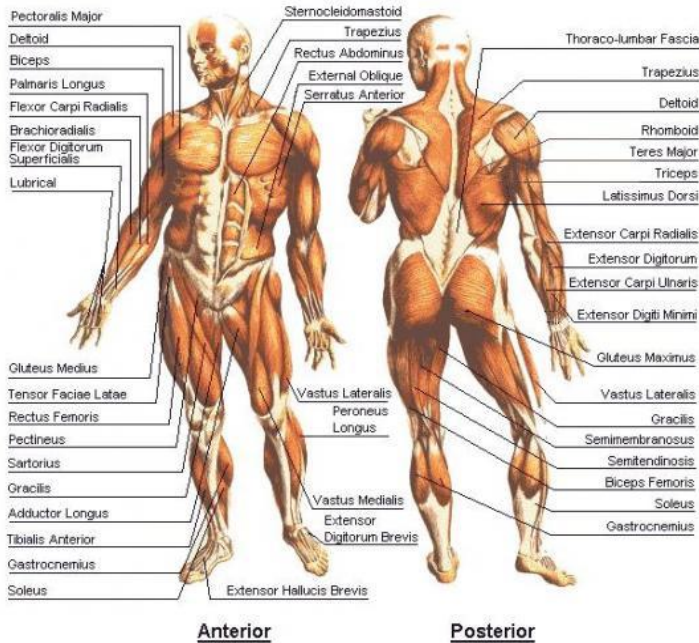
ALLERGIES: \_\_\_\_\_ Medication changes: \_\_\_\_\_

Any relevant ER or Doctor visits, Imaging, Labwork done \_\_\_\_\_

What makes it better? \_\_\_\_\_ What makes it worse? \_\_\_\_\_

Numbness or Weakness - where? \_\_\_\_\_ What brings on weakness/ numbness? \_\_\_\_\_

**PLEASE DRAW ON FIGURE YOUR PAIN AREAS / Use Pain number of 0/10 – 10/10**



**PLEASE MARK FIGURE WITH a NUMBER**

Scale: 0-10, 10 = MOST PAIN

Pain Scale



*This is YOUR PERSONAL # ONLY*

**PLEASE DESCRIBE PAIN:**

- Aching**
- Stabbing**
- Burning**
- Other**

**PLEASE MARK AREAS OF NUMBNESS**

**MARK ANY OTHER AREAS OF CONCERN**

Circle any of the following that apply, otherwise leave unmarked: recent visual loss, vomiting, diarrhea, fever, chills, chest pain, palpitations, dyspnea, asthma; stool/urinary incontinence, retention, urgency; stool/urinary constipation; depression, anxiety, stress, seizures, diabetes, rash, broken skin, numbness, tingling, recent weight loss or gain, insomnia, loss of balance, hearing loss, dizziness, domestic violence

Things to Do While Waiting:

1. Squeeze shoulder blades together 10 times to find rib angle for optimum chest expansion
2. Practice positive open-ended questions. Example: State silently - Why is life so easy? Why am I so happy? Why do I always do the right thing in the right place at the right time?
3. Hydrate – drink/fill water bottle from office cooler.