

# Pain Diagram

Use the following key to show exactly how your pain feels. Write one or more of the appropriate symbol(s) on any part of the body diagram where you feel pain.

tingling / pins and needles	...
burning	b
sharp / stabbing	/
throbbing / pounding	+
numb	n
aching	a
pulling	v
pressing / cramping	o
other pain sensation	x

(describe: \_\_\_\_\_)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## HEADACHE / PAIN CHART

