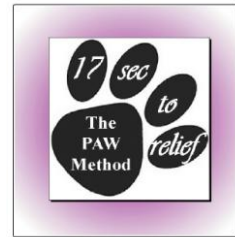




Where is Your Pain?



Pain is the body's way of telling you "something is wrong" and is asking for a move to make it better. Common complaints for various pains are listed below.

(Check those that apply)

FOOT/ ANKLE Bunions, Flat Feet **Joint pain**, Heel pain, **Tarsal Tunnel**, Muscle soreness, **Muscle strains in & calf & shin**, Plantar Fascia,

BACK Pain in the area, Stiffness, **Spasm**, Limited or difficult movement,

Difficulty sitting or standing up, Burning or numbing sensations in legs Arthritis, **Difficulty sleeping**, Difficulty breathing

ELBOW/ HAND/ WRIST Carpal Tunnel, Tennis Elbow, **Cramping hands** Bicep/triceps Pain, **Thumb pain**, Muscle soreness, **Joint pain**, Arthritis

HEAD Increased pressure in areas around head, impaired **vision**, Dizziness
Light-sensitivity, **Sound-sensitivity**, Migraine, Gastrointestinal disturbances

HIP Arthritic hip, Degenerative hip, **Muscle soreness**, Groin tightness
Burning in hip and into leg, **Joint pain**, Muscle strains in & around the hip
Limping & limited ability to walk, squat or move

KNEE Arthritic knees, Patellar pain, **Osgood-Schlatter**, Water on the knee, Ligament sprains, **Meniscal damage**, Baker's cyst, **Muscle strains**, Noticeable swelling, **Limping and limited ability to walk**,

NECK Limited range of motion to one or both sides, Disc herniations,

Burning sensations into arms and hands, Tight shoulder muscles, Headaches
Degenerative disc disorder, **Osteoporosis**, Difficulty lifting items

SHOULDER Rotator cuff, Limited range of motion without pain, **Muscle strains in & around the shoulder**, Frozen shoulder, **Arthritis**, Limited ability to lift arms **Noticeable swelling**, Stiffness, Difficulty sleeping on affected side, Left, right or both, Tingling, exhausting, discomfort on lateral abduction, Radiating to elbow