

Where is Your Pain?

Pain is the body's way of telling us "something is wrong" in the body and is asking for a move to make it better. **Common complaints for various pains.**

(Check those that apply)

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

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, **Joint pain** Bicep/triceps Pain, **Thumb pain**, Muscle soreness, **Cramping hands**, Arthritis

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

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

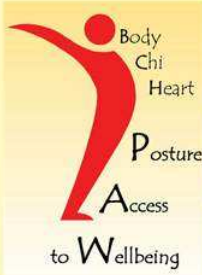
KNEE **Arthritic knees**, Ligament sprains, **Meniscal damage**, Patellar pain Water on the knee, **Osgood-Schlatter**, Baker's cyst, **Muscle strains**, Noticeable swelling, **Limping and limited ability to walk**,

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

Your Name-

Date-



The PAW Method
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