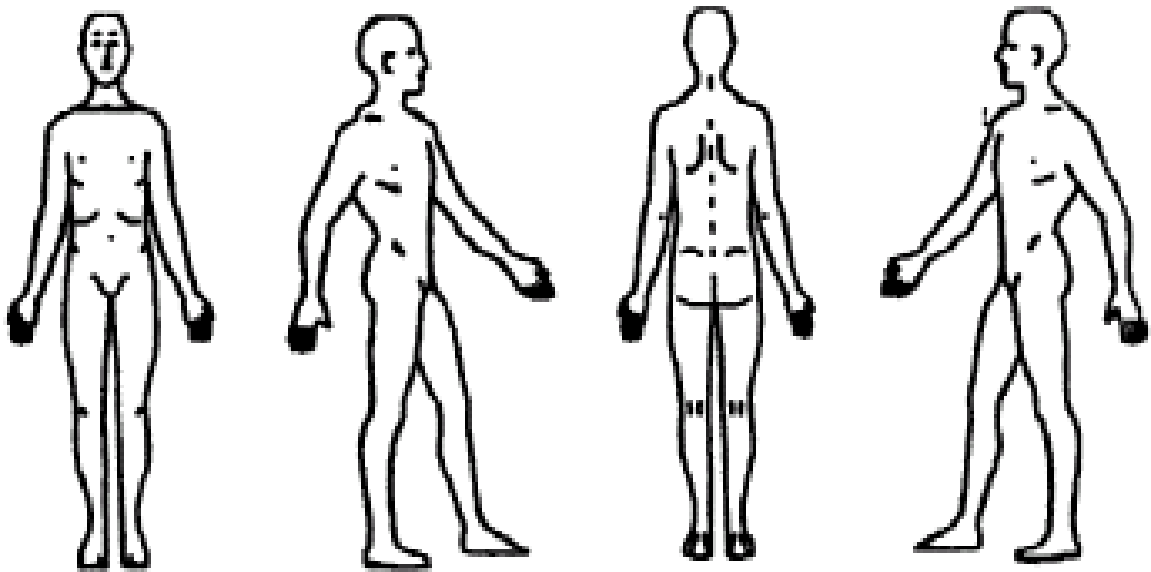


NAME: _____ DATE: _____



Use this guide to mark the body map above

Aching -a a a -	Tender -t t t-	Numb - n n n -
Throbbing = = =	Sharp s s s s	Gnawing -g g g-
Shooting ----->	Burning + + +	Shocking -****-
Stabbing >>>>	Penetrating	Pressure -ppp-

Circle All That Applies

Throbbing	Sharp	Miserable	Sad
Shooting	Aching	Unbearable	Depressed
Stabbing	Exhausting	Sleepless	Irritable
Gnawing	Tiring	At Night	Taking Herbs
Tender	Nagging	Daytime	Massages
Burning	Numb	At Rest	Yoga
Shocking	Tingling	Bending	Tens Unit
Deep	Pressing	Standing	