

ANATOMICAL SYMPTOM CHART

Patient: _____ Date: _____

Using the Legend below, mark your symptoms on the human figure to indicate the symptoms that you are feeling today. Please be as accurate as possible. Symptom scales rate pain from 1-10 (10 being the worst pain ever).

1. Qualify the intensity with a number next to the letter using a symptom scale of 1-10
Example: D-6 (dull ache, rating 6 out of 10).
2. Use multiple letters to show that your symptom is in a line: Such as along the spine
Example: BBB-5 (burning, rating 5 out of 10)
3. Use mixed letters to describe multiple symptoms in one area:
Example: DSE-7 (Dull, sore and tender, rating 7 out of 10)

LEGEND

D = dull, diffuse, deep
R = radiating, shooting, travelling
T = tension, tightness, grabbing
N = numbness, lack of sensation
G = tingling, pin-pricks
B = burning, electric, stabbing, searing
S = sore, bruise sensation, achy, raw
W = weak (can't use the muscle)
P = pinpoint, spot pain
L = locked, stuck, blocked, won't move
C = cordlike, ropey
E = tender, sensitive

