



PAIN CARE
AT HOME



FIT Criteria (created by Dr. Schubiner)

Indicators for Primary (Neuroplastic) Pain

	NOT AT ALL TRUE	A LITTLE BIT TRUE	SOMEWHAT TRUE	VERY TRUE
Did symptoms start without a clear injury?				
Symptoms have changed or moved to different body locations over time				
Symptoms have a quality of tingling, electric shock, burning, numbness, heat, or cold sensation				
Symptoms increase with stress or over-thinking about stressful situations				
Are symptoms less severe or less frequent when you are distracted, doing something enjoyable?				

Reference: Psychophysiologic Disorders written by (Clarke, Schubiner, Clark-Smith, Abbass)



PAIN CARE
AT HOME



FIT Criteria

Indicators for Primary (Neuroplastic) Pain

	NOT AT ALL TRUE	A LITTLE BIT TRUE	SOMEWHAT TRUE	VERY TRUE
Are symptoms temporarily less severe/or go away for a while after massage, chiropractic, Reiki, acupuncture, herbals, or vitamin supplements?				
Are symptoms triggered by foods, smells, sounds, light, computer screens, menses, changes in the weather, or specific movements?				
Are symptoms triggered by light touch, weather, or gentle stimuli like wind or clothes?				
Does the intensity of symptoms increase in frequency over the course of the day (like worse in the morning or at night?				

Reference: Psychophysiologic Disorders written by (Clarke, Schubiner, Clark-Smith, Abbass)



PAIN CARE
AT HOME

➤ FIT Criteria

Indicators for Primary (Neuroplastic) Pain

	NOT AT ALL TRUE	A LITTLE BIT TRUE	SOMEWHAT TRUE	VERY TRUE
Have medical treatments been ineffective or just given you temporary relief?				
Did the pain (uncomfortable physical symptoms) come on during a stressful time in your life?				
Do you have (or have had) symptoms in multiple parts of your body?				
Is your pain inconsistent in terms of where and when it appears and how severe it is?				
Do you think about the pain often or all the time? Does it worry you throughout the day?				

Reference: Psychophysiologic Disorders written by (Clarke, Schubiner, Clark-Smith, Abbass)