

Tips for Using Your Pain Diary:

- Record entries at the same time each day (morning, evening, or both).
- Be specific about pain location (e.g., lower back, right knee).
- Note triggers such as certain foods, weather changes, or activity levels.
- Include all relief methods tried, including medications, stretching, or relaxation techniques.

This content was created with the assistance of AI. Any AI-generated content was reviewed by a Nurse Practitioner.