

# Richardson Weekly Pain Management Questionnaire

Name: \_\_\_\_\_ Date: \_\_\_\_\_

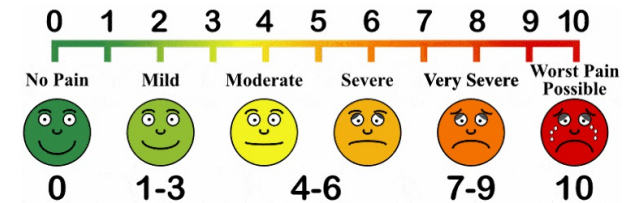
**Function Level:**

Please note below the level of function and specific difficulties.

Maintaining a safe environment & Housekeeping.	
Communication & Social Function.	
Breathing, Sleep & Alertness.	
Eating, drinking & Meal Preparation.	
Elimination (bowel & urination).	
Washing & dressing.	
Controlling temperature.	
Movement & Activity Level.	

**Pain Level Range:**

Average Pain Range:
Acute Pain Episodes:
Least Pain During Last Week:



***Pain Management Methods You Have Used:***

***Muscle Relaxers***

- Muscle Relaxation
- Cyclobenzaprine
- Baclofen
- Norflex (orphenadrine)
- Valium
- Zanaflex (Tizanidine)
- Natural Relaxers (Passiflora, Valerian, Chamomile, Licorice, Lobelia Extract, Calcium/Magnesium)
- Vistaril or Hydroxyzine

- Naproxen/Aleve
- Ibuprophen/Advil
- Acetaminophen/Tylenol
- Glucosamine - Chondroitin
- Bioflavonoids
- Systemic Enzyme
- Devil's Claw
- Grounding or Earthing

***Pain System Medications***

- Morphine
- Methadone
- Vicodin
- Oxycodone
- Hydrocodone
- OxyContin
- Kadian
- MS Contin

- Lyrica
- Neurontin
- Amitriptyline
- Ultram
- Transdermal Pain Patches
- Natural Pain Killers (Kava Root, White Willow, Horsetail, Valerian, Cayenne Pepper)
- Prescribed Medical THC
- CBD oil

***Manipulation & Physical Therapies***

- Craniosacral Massage
- Massage
- Chiropractics
- Acupressure
- Acupuncture

- Stretching
- Yoga
- Occupational Therapy
- Physical Therapies
- Aquatic Therapy
- Traction
- Hot Tub/Spa
- Ultrasound
- TENS Unit
- Moist Heat & Ice Packs

***Psychological/Spiritual Methods***

- Psychotherapy & Counseling
- Pacing Activities
- Sleep & Sleep Treatment
- Know Your Limitations
- Biofeedback/Neurofeedback
- Nutritional Balance

- Spirituality
- Psychopharmacology
- Support Groups
- Meditation & Distraction
- Hypnosis
- Self-hypnosis
- Transcendental Meditation
- Breathing Exercises (i.e., Hatha Yoga)
- Relaxation Techniques
- Stress Management
- Chi Training
- Tai Chi & Qi Gong
- Enjoyable Activities (distraction)
- Spiritual Exercises & Practices

***Most Effective Methods THIS WEEK:***

Method	Comments

***Please share if you had difficulty with overdoing during the week or difficulty pacing yourself. This is common when one starts to have pain relief and has not been able to function before.***