Numeric Pain Rating Scale

Date: November 19, 2024

Patient's name: Holly Pancot **Age:** 34 **Gender:** Female

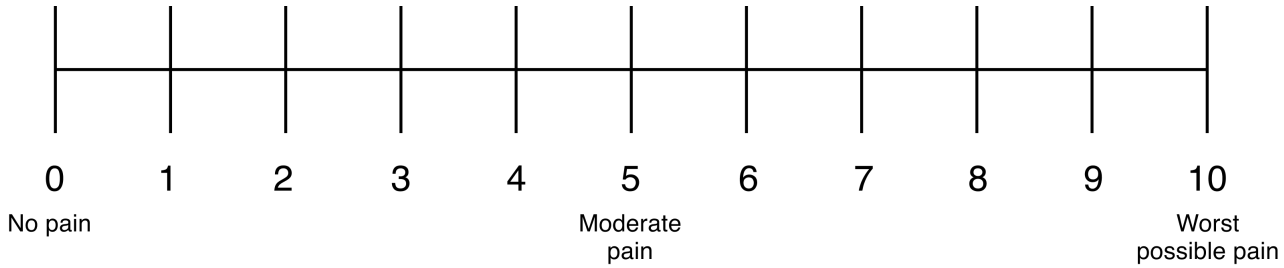
Date of birth: January 28, 1990 **Contact information:** 1231-34534

Other relevant medical information (if needed):

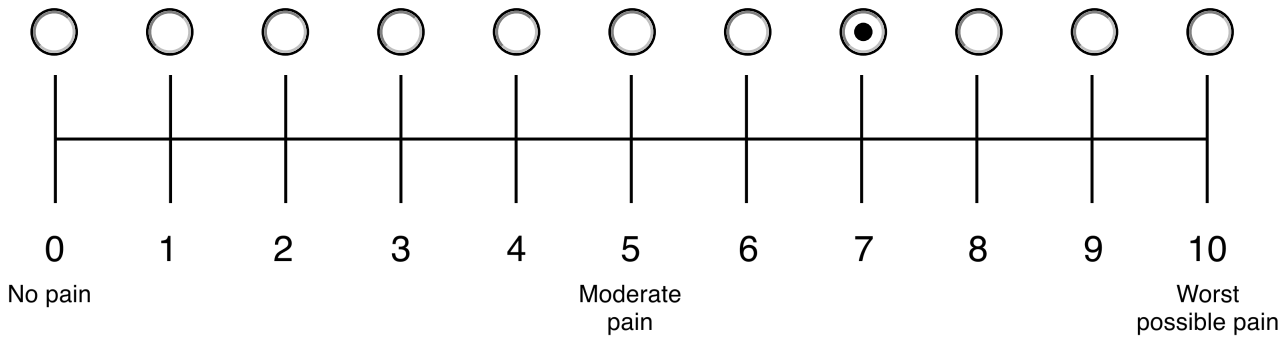
None

Instructions

Rate yourself from 0 to 10, with 0 meaning you feel/felt no pain at all and 10 meaning you feel/felt the worst pain imaginable.



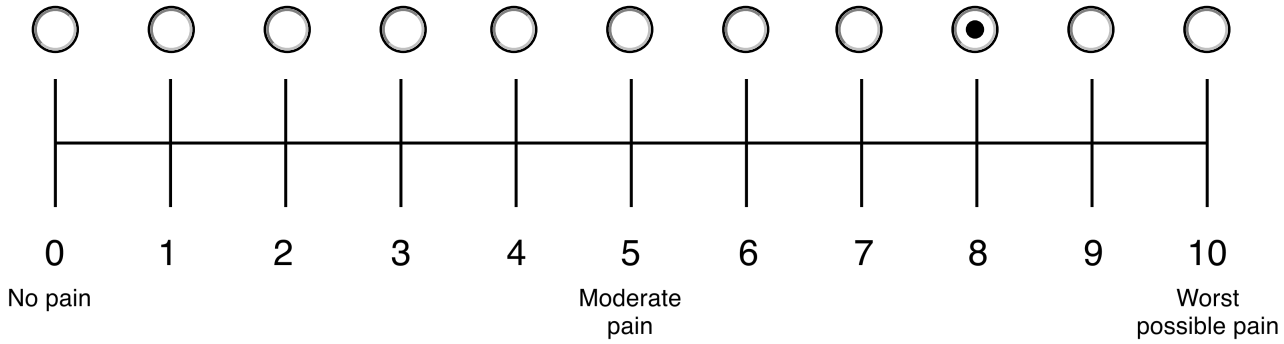
Time: 9 AM



Notes:

N/A

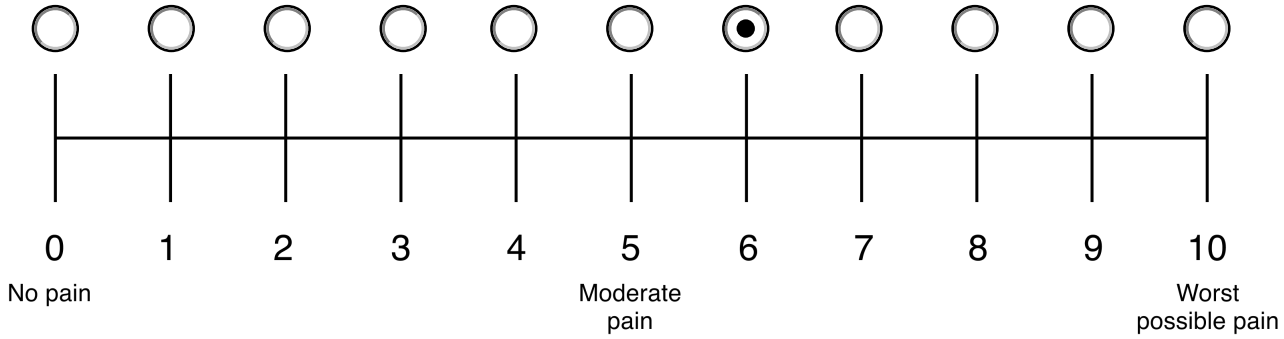
Time: 3 PM



Notes:

None

Time: 9 PM



Notes:

None

Average score: 7

Additional notes

Pain is on her lower back. She says it spikes up from time to time. She was slouched during the entire appointment. Could be something tied to her posture since I asked if she constantly slouched. She said yes.

I'm going to give notice to our orthopaedic physician to see what can be done before discussing a treatment plan.

Physiopedia (n.d.). *Numeric Pain Rating Scale.* https://www.physio-pedia.com/Numeric_Pain_Rating_Scale