

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

**Q** I experience painful inflammation in these parts of my body:

**lower back** | **mid-back** | **upper back** (circle all that apply)

**Q** I usually experience pain \_\_\_\_\_ times per week.

**Q** I have been experiencing this kind of pain for the last \_\_\_\_\_ weeks / months / years. (circle one)

**Q** My pain feels like \_\_\_\_\_

\_\_\_\_\_

**Q** I usually experience pain at these times of day:

**morning**  **afternoon**  **evening**  **night**  (check all that apply)

**Q** My pain is interfering with my life in these ways:

*(Think about work, family responsibilities, social commitments, sleeping, eating, mobility, and mood.)*

\_\_\_\_\_

\_\_\_\_\_

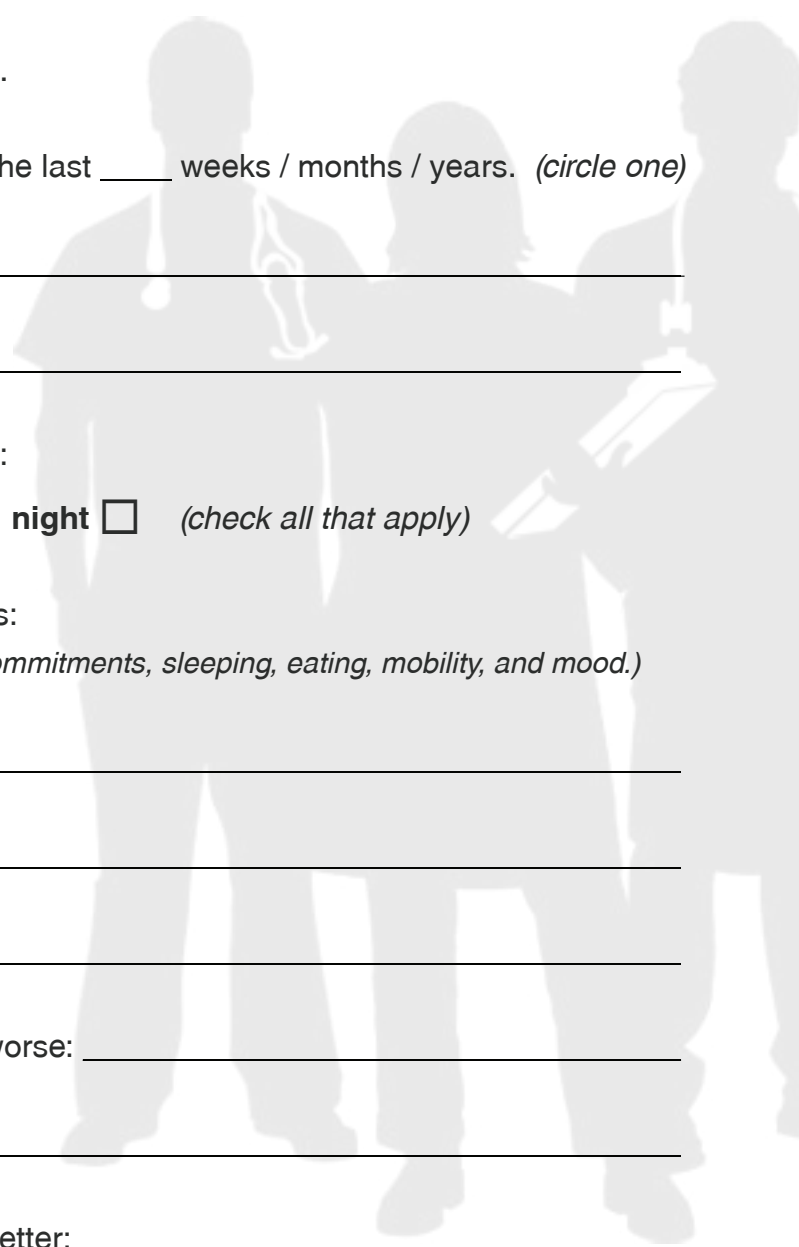
\_\_\_\_\_

I have found that these things make my pain worse: \_\_\_\_\_

\_\_\_\_\_

I have found that these things make my pain better: \_\_\_\_\_


\_\_\_\_\_



 Could my back pain be caused by inflammation?

 Could my back pain be spondyloarthritis?

 Should I see a specialist for spondyloarthritis?

 How is my type of pain diagnosed?

 How is my type of pain typically treated?

 Are there certain exercises I should be doing?

 Is there a certain diet I should be following?

 Is there anything I should avoid doing because of my pain?

 How often should I come back for a checkup?