Additional information can be found on <http://www.rsipain.com/additional-treatment.php>

Example

|  |  |
| --- | --- |
| Date | **xx/xx/xx** |
| Location and intensity of the pain | Severe pain on the inside of the left wrist  Right forearm slightly numb |
| Duration of pain | Several hours a day, numbness mostly in the mornings |
| Treatment / medication | Started with stretching exercises (after consultation with orthopedist XY) |
| PC work with no major pain | 30 minutes |
| Special activities / strains / miscellaneous | Driven for two hours today, no additional complaints |

|  |  |
| --- | --- |
| Date |  |
| Location and intensity of the pain |  |
| Duration of pain |  |
| Treatment / medication |  |
| PC work with no major pain |  |
| Special activities / strains / miscellaneous |  |

|  |  |
| --- | --- |
| Date |  |
| Location and intensity of the pain |  |
| Duration of pain |  |
| Treatment / medication |  |
| PC work with no major pain |  |
| Special activities / strains / miscellaneous |  |