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24-Hour Pain Diary

This record allows you to monitor your pain and function in relation to your activities. It is particularly useful for you to stay in control of your symptoms whilst improving your strength gradually in your recovery.

You should write down your relevant activities and the average 24-hour pain out of 10, as well as the maximum pain score in that time. Any other notes about your response to new/different/lack of activity can also be useful to you.

The goal should be to stay within a *mild* pain range (0-3 out of 10), whilst keeping active. We call this "optimal loading" and this is how all tissues in the body get stronger.

DAY	ACTIVITY NOTES	AVERAGE PAIN	MAX PAIN