

EXPERIMENTS LOG

The purpose of this tool is to help you learn about the pain you're experiencing through the process of experimentation

- Start with a question or something that you've noticed in the first column
- Using that question or observation, write what you think to be the case in the *theory* column (be as specific as you can)
- Then design a test (again being as specific as you can) and observe the results. The results of your test may spur another question or observation and you can start again!
- If your results pertain to things that make the pain worse or things that help, you can note them in the *Pain Behavior Chart*

OBSERVATION/ QUESTION	HYPOTHESIS	TEST	RESULTS
IS THE PAIN AFFECTED BY MY SLEEP?	IF I GET < 6 HOURS OR MY SLEEP QUALITY IS < 7/10, THE PAIN WILL BE WORSE	USE THE SLEEP TRACKER TO TRACK MY SLEEP FOR 2 WEEKS TO SEE IF THERE IS A CORRELATION	IF I GET < 6 HOURS OR MY QUALITY IS < 7/10 FOR SEVERAL NIGHTS IN A ROW, THE PAIN GETS WORSE
WHAT MAKES MY JAW PAIN WORSE?	MY NECK POSITION INFLUENCES MY JAW PAIN	PAY ATTENTION TO MY NECK POSITION WHEN MY JAW IS HURTING.	WHEN MY JAW PAIN COMES ON, I NOTICE MY HEAD IS FORWARD AND MY NECK/SHOULDERS ARE TENSE
WHEN MY JAW PAIN COMES ON, I NOTICE MY HEAD IS FORWARD AND MY NECK/SHOULDERS ARE TENSE	WHEN MY JAW IS HURTING, IF I STRETCH AND/OR REPOSITION MY HEAD/NECK, THE PAIN WILL REDUCE	WHEN MY JAW IS HURTING, I WILL STRETCH/RELAX/REPOSITION MY NECK TO SEE IF IT CHANGES THE JAW PAIN	WHEN I STRETCH/RELAX/REPOSITION MY NECK, MY JAW PAIN REDUCES
WHAT MAKES MY NECK/SHOULDERS TENSE?	WORKING TOO LONG WITHOUT A BREAK AND/OR BEING STRESSED OUT	USE A TIMER TO NOTE HOW LONG I AM WORKING WITHOUT A BREAK AND PAY ATTENTION TO MY STRESS LEVELS WHEN MY JAW PAIN COMES ON	WHEN MY JAW PAIN COMES ON (AND MY NECK/SHOULDERS ARE TENSE), I HAVE USUALLY BEEN WORKING FOR > 2H WITHOUT A BREAK, AND AM FEELING STRESSED

EXPERIMENTS LOG

OBSERVATION/
QUESTION

THEORY

TEST

RESULTS