

NAVIGATING PAIN

With The Activity-Safety Meter

This is a tool created to help you assess the relative safety in engaging in activities that you desire when pain or other symptoms are present.

Choose a **specific activity** that gives you trouble (e.g. walking, bending, lifting, running), and answer the questions below according to that specific activity.

Your answers to the questions give you a score, which provides you with some guidance on whether you're on the end of "Good to go" or whether you might want to "Stop & reconsider" when it comes to that **specific activity**.

BASELINE SYMPTOMS

What is it like when you're resting?

- 0 = It's not there
- 1 = It's there, but just a bit
- 2 = It's moderate
- 3 = It's very intense

Does it wake you up at night?

- 0 = No
- 1 = Yes

SYMPTOMS DURING ACTIVITY

What is it like during the activity?

- 0 = It's not there
- 1 = It's there, but just a bit
- 2 = It's moderate
- 3 = It's very intense

What happens over the course of the activity?

- 1 = It improves
- 0 = It stays the same
- 1 = It gets worse

SYMPTOMS AFTER ACTIVITY

How does it feel after the activity compared to before the activity?

- 1 = It's better
- 0 = It's the same
- 1 = It's worse for < 30min
- 2 = It's worse for 30min-2h
- 3 = It's worse for 2-12h
- 4 = It's worse for 12-36h
- 5 = It's worse for > 36h

SYMPTOMS OVER 2-4 WEEKS*

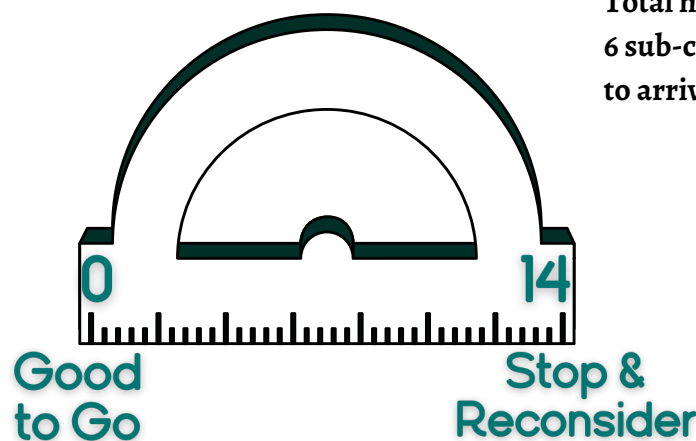
What's been happening over the last several weeks?

- 1 = It's getting better
- 0 = It's staying the same
- 1 = It's getting worse

* = over 2-4 weeks of activity consistency

SCORE

Total numbers from all 6 sub-categories to arrive at your score



DISCLAIMER

This meter is intended to assist you in assessing the relative safety in performing the activities that you desire by means of observing the symptoms and monitoring for worsening. It does not provide you with diagnostic information or information relating to what might be causing or contributing to your problem. Always listen to your body, trust your gut, and seek professional medical advice when you feel that this is warranted.

