

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.

The tool is a 0-14 scale, based upon a series of questions about your pain or symptoms as they relate to a specific activity (e.g. walking, bending, lifting, running).

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" with regard to the activity.

BASELINE SYMPTOMS

What is it like when you're not doing anything?

0 = Absent

1 = Low

2 = Moderate

3 = High

Does it wake you up at night?

0 = No

1 = Yes

SYMPTOMS DURING ACTIVITY

What is it like during the activity?

0 = Absent

1 = Low

2 = Moderate

3 = High

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

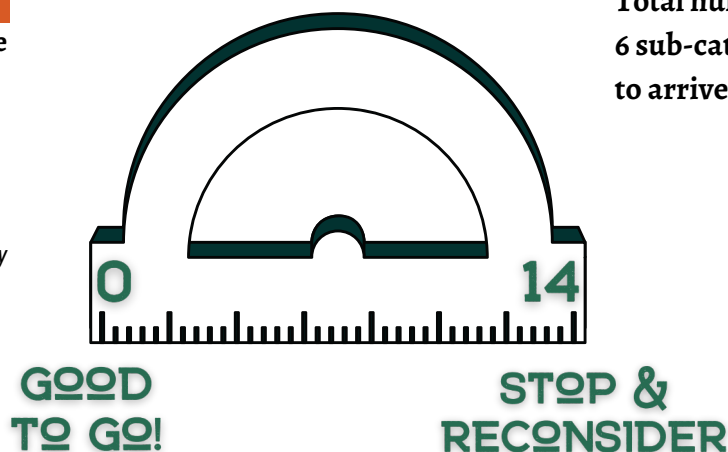
0 = It's staying the same

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.

