

# What are Your “Pain Risk Factors”?

Name: \_\_\_\_\_  
Date: \_\_\_\_\_  
Chart No.: \_\_\_\_\_

## Habits



- Smoking
- Alcohol
- Diet

## Treatment

1. \_\_\_\_\_
2. \_\_\_\_\_

## Other things that can affect, worsen or aggravate painful conditions — in anyone:

1. Life in general
2. Financial problems
3. Stress/anger/fear/nightmares
4. History of physical abuse
5. History of sexual abuse
6. Alcoholism (you or your family)
7. \_\_\_\_\_
8. \_\_\_\_\_

connection”?

## Treatment

1. \_\_\_\_\_
2. \_\_\_\_\_

## Sleep



- Poor
- Not refreshing
- Good

## Treatment

1. \_\_\_\_\_
2. \_\_\_\_\_

## Exercise



- Not enough
- Too much
- Just right

## Treatment

1. \_\_\_\_\_
2. \_\_\_\_\_

## Ergonomics



“Machine–body connection”

1. \_\_\_\_\_
2. \_\_\_\_\_

## Treatment

1. \_\_\_\_\_
2. \_\_\_\_\_

## Diagnosis

### What I DO think your problem(s) is/are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### What I DON'T think your problem(s) is/are:

- Bones
- Nerves
- Joints

## How can stress affect, worsen, aggravate or cause pain? What is the “mind–body

1. Adrenaline is squeezed into your bloodstream, your heart rate increases, your muscles tense up, and you sweat more. Your pain then increases and becomes more intense.
2. When you are injured, any stress that you feel can make the injury and pain worse.
3. Relieving stress may relieve pain.