

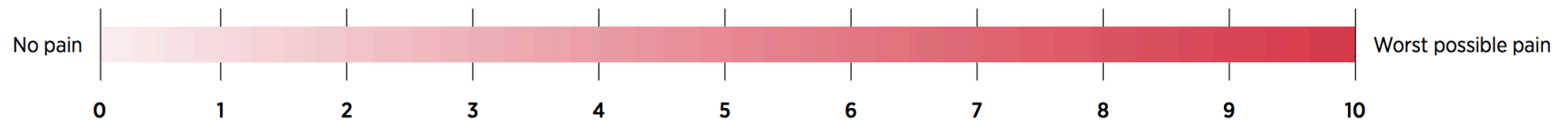


Nigel Donnachie
Consultant Hip & Knee Surgeon

PAIN DIARY

Record all the information that is relevant to your pain in this diary. You may not need to fill out all columns each time. Please bring this diary with you when you next come to clinic.

Date & Time	Describe your pain (location, what it feels like – e.g. dull, stabbing)	Rate your pain using the score below (0 – 10)	What made it worse?	What made it better?	Comments





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