

Pain Worries Worksheet

How did this pain start?

Have you had this pain before?

Did you have a fall or accident that started this pain?

What do you think is happening in your body that's causing your pain?

Are there possible reason for this pain like more exercise, less exercise, stress, poor sleep, travel or unusual movements and positions?

Are there any big changes happening in your life at the moment?

Are you worried that you have an injury, or worried that you might be injuring yourself more with movement?

What questions do you need answered so that you can feel safe?