

# Can You Assess Your Own Pain Without the Help of a Physician?

Use this quick quiz to better pinpoint your pain and learn the right place to start treating it. You can use this as reference for consultations with your medical practitioner.

**1.** What is your age?

- |       |       |
|-------|-------|
| 18-24 | 45-54 |
| 25-34 | 55-64 |
| 35-44 | 65+   |

**2.** How long have you been experiencing the pain you will be reporting about?  
(Select one)

- Under 10 days
- 11-30 days
- 1 month to 6 months
- 6 months or more

If you have been experiencing pain for less than 6 months, the problem is classified as acute pain, not chronic pain. Continue to answer our questions to learn which options may help control your pain better.

**3.** Select the number that best describes your pain on average over the past week.

- |             |                 |
|-------------|-----------------|
| 1 (No pain) | 6               |
| 2           | 7               |
| 3           | 8               |
| 4           | 9               |
| 5           | 10 (Worst pain) |

**4.** Has your pain resulted in difficulty sleeping? (Select one)

- Yes, definitely
- No, I can still sleep fine
- Some nights I have trouble but am not sure if it is related to pain

**5.** Are you currently experiencing any of the following? (Choose all that apply)

- Depression
- Anxiety
- Trouble sleeping
- Trouble focusing, thinking, or remembering
- Trouble walking
- Trouble doing housework
- Trouble doing leisurely activities
- Irritability
- None of the above

**6.** Have you already been diagnosed with a cause to your pain? (Select one)

- Yes
- No (skip to question 8)

**7.** What was your official diagnosis? (Write-in)

\_\_\_\_\_

(continue to question 10 on page 2)

If you do not have a diagnosis, we want to ask you a couple questions about your pain below. If you have a diagnosis, skip to page 2

**8.** Where on your body are you experiencing this pain? (Write-in)

**9.** Choose all the statements that explain your pain. (Select all that apply)

- Pain located in the abdomen
- Continuous pain with peaks or attacks of more intense pain
- Cramping pain in the abdomen
- Females only: Pain located in the ovaries
- Pain spreads towards the back, in the lower back area
- Pain spreads to the legs and hips

- Different types of pain at the same time, several different pain symptoms
- Pain makes standing, walking, or moving extremely difficult
- Bloating or bloated abdomen
- Extreme fatigue or total exhaustion
- Other: \_\_\_\_\_



**Pain Explainer**

Find Your Pathway Out Of Pain

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**10.** Would you describe the pain as constant or irregular intervals? *(Select one)*

Constant *(go to 11a)*



Irregular intervals *(go to 11b)*



*If answered 'Constant' in question 10*

**11a.** Please choose one of the following descriptions that best explains how the pain feels like:

**Aching**

*Deep achy pain suggests bone bruise or fracture. We suggest getting a bone scan.*

**Burning**

*This suggests nerve irritation—chemical, metabolic, or viral.*

**Dull**

*This suggests a compression, tumor, deep bruise, or infection. We suggest getting a bone scan.*

**Sharp**

*This suggests trapped sensory nerves in the skin.*

**Spasm**

*This suggests trapped or compressed nerves. We suggest looking for the source of the compression.*

**Throbbing**

*This suggests blood vessel compression. We suggest looking for the source of compression.*

*If answered 'Intermittent' in question 10*

**11b.** Please choose one of the following descriptions that best explains how the pain feels like:

**Aching**

*This suggest inflammation. We suggest using non-steroidal, anti-inflammatory medications.*

**Burning**

*This suggests your pain is associated with muscle or blood vessel spasms. We suggest treating those sources directly.*

**Dull**

*This suggests sprain or strain due to damage to a tendon or ligament.*

**Sharp**

*Seen in abdominal spasms, such as Crohn's disease. We suggest using an antispasmodic.*

**Spasm**

*This suggests muscle spasms. We suggest using muscle relaxants.*

**Throbbing**

*This suggests vascular spasms. Use medications which reduce spasm.*

There are 11 broad types of medication used for pain: Antianxiety medication, anticonvulsants, antidepressants, anti-inflammatory, antipsychotics, CBD (cannabidiol), epidural medications, local anesthetics and neurotoxins, muscle relaxers, narcotics, vasoactive medication. [Receive useful and helpful information about these options by subscribing to our newsletter at \[www.painexplainer.com\]\(http://www.painexplainer.com\)](#)

## THANK YOU

*Based on your answers, we recommend you share the results with your physician and discuss, in depth, which treatment options may safely find you relief.*



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