Medford Neurological & Spine Clinic

BACK TRACKER FORM

Helping provide accurate information about your pain helps us understand your condition better. Our seven-day journal allows you to track your back pain and share this information with your doctor.

Date	Duration	Type of Pain	How Painful?	Possible Causes	Medication
	Include start / end time	Such as dull, aching, hot, throbbing	Rate the pain: 1=mild, 2=moderate 3=severe	Did something trigger the pain?	What did you take? Did it help?