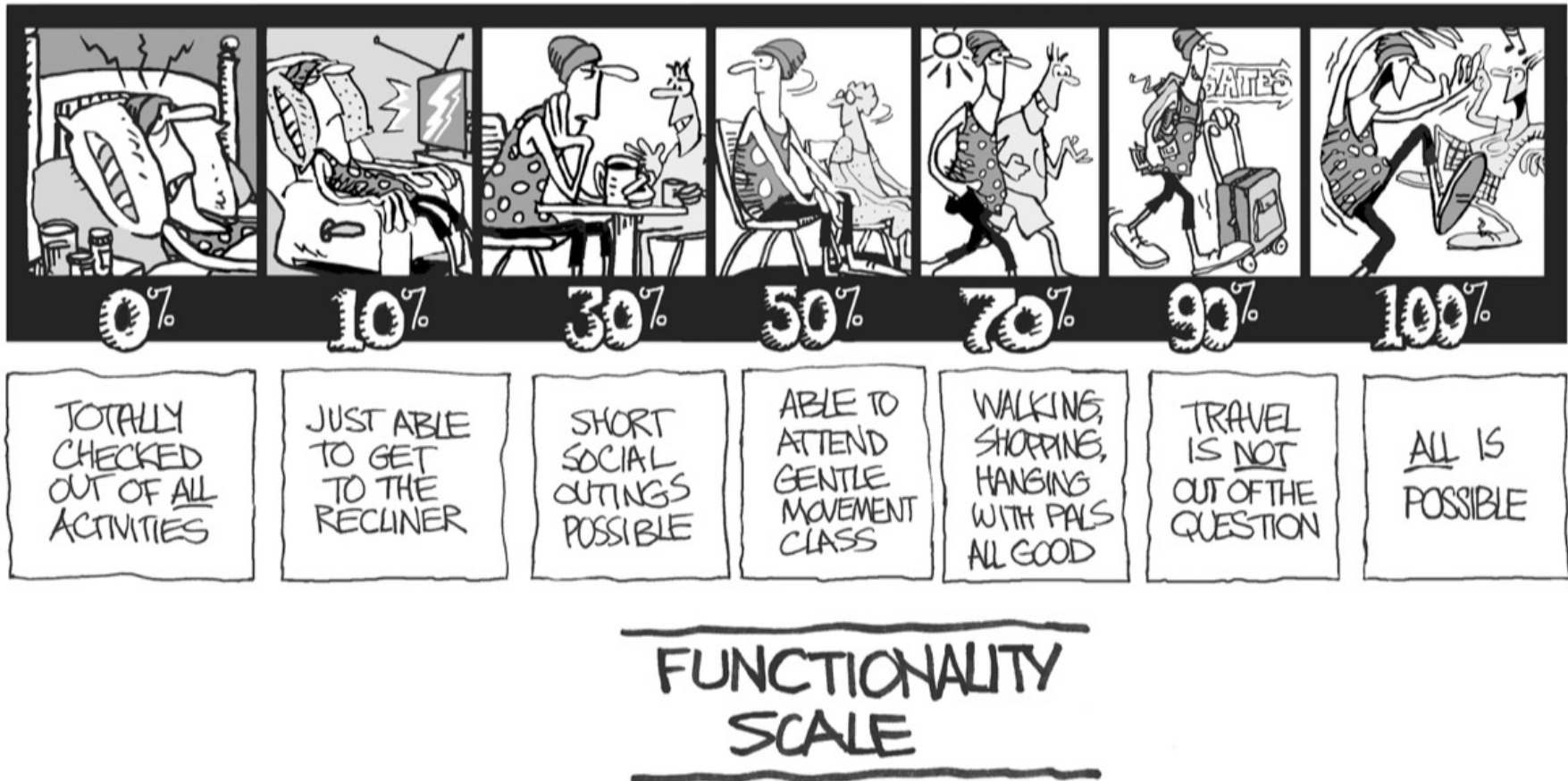


Chronic Pain Functionality Scale



Chronic Pain Functionality Scale Journal

Please fill out this journal for **each day**. Each morning, fill out the % of the functionality scale that best describes how you felt the previous day. We realize that you will feel different during the day, so please use the **average score**. The functionality scale can be found on the previous page. An example is provided below:

Week	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	May 3-10	50%	80%	20%	50%	90%	10%	60%

Fill out your daily score in the table below and on the next page:

Week	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								

Activity Progression for Chronic Pain

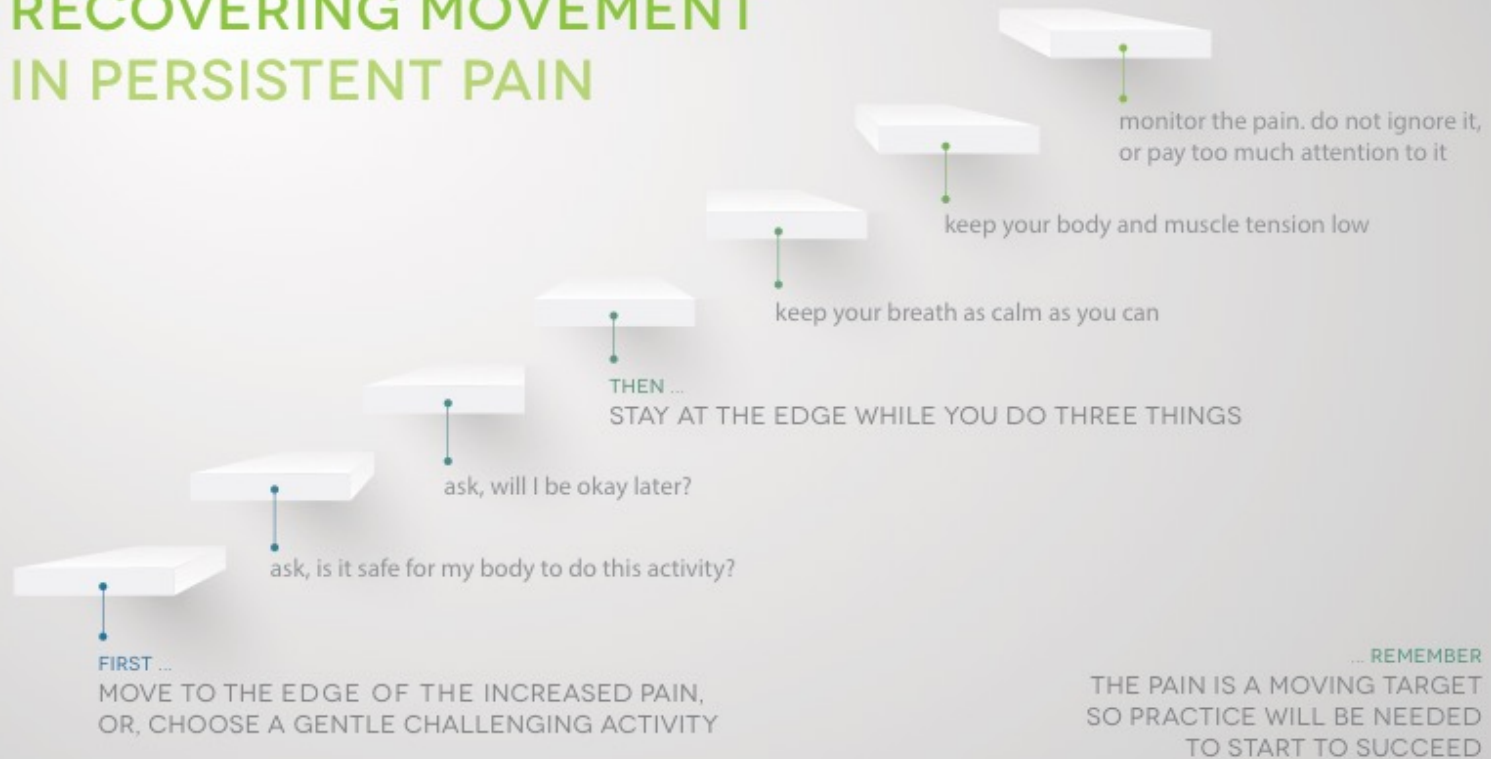
If patients rate themselves between 30% and 70% on the Functionality Scale, you might want to consider discussing with them the opportunity of enrolling or dropping-in to one or more of the following classes. **With all movements, it is recommended that you follow the guidelines of *Recovering Movement in Persistent Pain* on the next page.**

Somewhere between 30% to 50% You could try:	Somewhere between 50% to 70% You could try:
<p>Specifically for Chronic Pain Patients:</p> <ul style="list-style-type: none"> • Introductory Group Movement Series – 5 weeks • Relaxation & Gentle Movement (w/chair) <i>Seniors Ctr.</i> • Relaxation & Gentle Movement <i>Nourish</i> • Stretching for Chronic Pain <i>Coast</i> • Zentangle Method Therapeutic Art Class <i>Arts Centre</i> 	<p>Specifically for Chronic Pain Patients:</p> <ul style="list-style-type: none"> • Relaxation & Gentle Movement <i>Nourish</i>
<p>Drop-in classes:</p> <ul style="list-style-type: none"> • Meditation <i>Nourish</i> • Stretch Appeal <i>Rec Complex</i> 	<p>Drop-in classes:</p> <ul style="list-style-type: none"> • Interval Fusion <i>Rec Complex</i> • Yoga <i>Rec Complex</i> • Strong & Mobile <i>Rec Complex</i> • Restorative Yoga <i>Coast Fitness</i> • Gentle Fitness <i>Nourish</i> • Yin Yoga <i>Coast Fitness</i> • Pilates <i>Terri Beck</i>
<p>Advance Registration Rec Complex Classes:</p> <ul style="list-style-type: none"> • Mind Matters 	<p>Advance Registration Rec Complex Classes:</p> <ul style="list-style-type: none"> • Aqua-cize • Heart in Motion Walking Club • Physical Activity Program (by referral) • Tai Chi & Qigong Relaxation • Steady Feet • Water Wellness • Yoga for Anxiety • Somatic Yoga
<p>On your own or with a friend: Go for coffee/tea; Grocery Shopping; Light Housework</p>	<p>On your own or with a friend: Slow Walking; Swimming; Gardening</p>

Activity Progression Guidelines



RECOVERING MOVEMENT IN PERSISTENT PAIN



EVERY TIME YOU SUCCEED WITH THIS, EVEN A LITTLE, YOU ARE CREATING POSITIVE CHANGES IN YOUR NERVOUS SYSTEMS

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