

Assessing pain on a Direct Access patient

- **Site** – Where is the pain? Or the maximal site of the pain.
- **Onset** – When did the pain start, and was it sudden or gradual? Include also whether it is progressive or regressive.
- **Character** – What is the pain like? An [ache](#)? Stabbing?
- **Radiation** – Does the pain radiate anywhere?
- **Associations** – Any other signs or [symptoms](#) associated with the pain?
- **Time course** – Does the pain follow any pattern?
- **Exacerbating/relieving factors** – Does anything change the pain?
- **Severity** – How bad is the pain?
- **Sleep** – Has it kept you awake at night?

