CONNECTICUT DISC AND LASER THERAPY CENTERS

Arm Pain and Tingling Tracker

Record what you notice during your usual activities.

When did it start, and what were you doing?

Which side? Mark the areas or fingers affected in words.

What did it feel like? Note pain, tingling, numbness or weakness.

What activity or position brought it on? How long did it last?

What made it ease? Has the pattern changed since it started?

Which task would you most like to get back to doing comfortably?

Bring this page to your appointment.

Shelton, CT | 203-922-9277 | ctdisccenters.com