CONNECTICUT DISC AND LASER THERAPY CENTERS

Morning Neck Stiffness Log

Write down what you notice during your usual routine.

When you woke up

Date and approximate time

Where you felt stiffness or pain

The first everyday task that felt harder

Sleep position or pillow setup, if you remember

Later in the day

When the stiffness eased, stayed the same, or worsened

What you were doing at the time

Any other changes you noticed

One question to bring to your visit

Keep your completed worksheet private and bring it to your appointment.

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