

# Chronic Back Pain Diary

Track back pain location, activities, posture, and treatments for spine specialists.

Name: \_\_\_\_\_

Date Range: \_\_\_\_\_

## Pain Scale Reference (0–10 NRS)



## Back Pain Log

Location: C=Cervical (neck), T=Thoracic (mid), L=Lumbar (low), S=Sacral. Note radiation to legs/arms.

Date	Pain (0-10)	Location	Radiating?	Stiffness	Activity	Posture Issues	Treatment

## Activity & Position Impact

Date	Sitting	Standing	Walking	Bending	Lifting	Lying Down	Driving

**Exercise / Physio / Notes**