

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.

Activity & Position Impact

Exercise / Physio / Notes