

Pain Diary for Specialist Appointment

Prepare effectively for rheumatology, neurology, and pain specialist visits.

Specialist: _____

Specialty: _____

Appointment Date: _____

Referred by: _____

Pain Scale Reference (0–10 NRS)



Pre-Appointment 7-Day Log

Day	Pain (0-10)	Location	Type	Duration	Medications	Function Level
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						

Specialist Consultation Prep

Primary concern: _____

Pain history (when started, how): _____

Previous treatments tried: _____

What worked / didn't: _____

Current medications: _____

Other conditions: _____

Family history (relevant): _____

Questions for the Specialist

Specialist's Recommendations (fill during visit)
