

Nerve Pain Symptom Log

Comprehensive 6-page nerve pain tracking template — burning, tingling, numbness, shooting pain, sensation changes, progression mapping, and neurologist-ready summaries.

Name:

Date Range:

Pain Scale Reference (0–10 NRS)

0

1

2

3

4

5

6

7

8

9

10

0 = No Pain

5 = Moderate

10 = Worst Possible

Nerve Pain Symptom Log

Track specific nerve pain types: B=Burning, T=Tingling, N=Numbness, S=Shooting, E=Electric shock. Quality descriptors help neurologists localize the problem.

Date	Pain (0-10)	Type (B/T/N/S/E)	Location	Duration	Trigger	Medication Used	Relief (0-10)

Sensation Changes

Rate each 0-10 or check when present. Progressive changes require urgent neurological attention.

Date	Numbness Areas	Tingling Areas	Weakness	Balance (1-5)	Temp. Sens.	Touch Sens.

Symptom Progression Map

Track which body areas are affected. Peripheral neuropathy typically progresses feet>legs>hands>arms (stocking-glove). Asymmetric patterns suggest different causes.

Area	Week 1 (0-10)	Week 2 (0-10)	Week 3 (0-10)	Week 4 (0-10)	Trend (Up/Flat/Dn)	Symmetrical?
Toes / feet						
Ankles / lower legs						
Knees / upper legs						
Fingers / hands						
Wrists / forearms						
Face / scalp						
Trunk / torso						

Daily Pattern Analysis

When is nerve pain worst? Time-of-day patterns help differentiate causes and optimize medication timing.

Date	Morning (0-10)	Afternoon (0-10)	Evening (0-10)	Night (0-10)	Worst Time	Worst Activity

Contributing Factor Tracking

Many nerve pain conditions have modifiable factors. Track to help your neurologist advise lifestyle changes.

Factor	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Blood sugar (if diabetic)							
Alcohol consumption							
B12/vitamin intake							
Repetitive motion							
Prolonged pressure							
Cold exposure							
Stress level (0-10)							
Exercise done?							

Observations & Questions for Neurologist

Medication & Treatment Log

Track nerve pain medications (gabapentin, pregabalin, duloxetine, amitriptyline) with precise dosing. Note titration schedule and breakthrough pain episodes.

Date	Medication / Treatment	Dose	Time Taken	Relief (0-10)	Duration of Relief	Side Effects

Non-Medication Treatments

Track TENS placement and settings, nerve glides/flossing exercises, desensitization therapy, mirror therapy, and thermal contrast baths.

Date	Treatment Type	Duration (min)	Pain Before (0-10)	Pain After (0-10)	Helpful? (Y/N)	Notes

Treatment Effectiveness Summary

Rate each treatment weekly. Nerve pain medications often need 2-4 weeks at therapeutic dose. Track side effects separately from pain relief.

Treatment	Week 1	Week 2	Week 3	Week 4	Continue? (Y/N)	Notes

Functional Impact Assessment

Rate each activity: 0 = Unable, 5 = Significant difficulty, 10 = Full capacity. Note which activities trigger nerve symptoms (burning, shooting, numbness).

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Walking / balance							
Fine motor (buttons, writing)							
Gripping / holding objects							
Standing stability							
Driving (foot control)							
Keyboard / touchscreen use							
Temperature discrimination							
Sleep quality							
Exercise tolerance							
Stair climbing							

Self-Care & Daily Living

Mark: Y = Independent ~ = Modified / used aids X = Unable H = Needed help from another person.

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Showering (water temp tolerance)							
Dressing (fastening, texture)							
Meal prep (gripping, cutting)							
Floor cleaning (balance)							
Walking on uneven surfaces							
Driving (pedal sensitivity)							
Sleep (position, nerve pain)							

Nerve-Specific Triggers & Protective Strategies

Weekly Summary — Nerve Pain

Complete at end of each week. Bring to appointments. This page tells your doctor how the week went.

Week of: _____

Average Pain Level (0-10): _____

Worst Day (date + level): _____

Best Day (date + level): _____

Flare Days This Week: _____

Sleep Quality Average (1-5): _____

Progression noted? (Y/N): _____

New areas affected?: _____

Balance problems (count): _____

Pattern Observations

Time-of-day pattern (when worst): _____

Positions/activities that provoke symptoms: _____

New or changed sensation areas: _____

Medication side effects vs. nerve symptoms: _____

Questions for Next Appointment

1. _____
2. _____
3. _____
4. _____
5. _____

Nerve Pain Progression & Neurologist Questions

