

CRPS Pain Diary Template

Track Complex Regional Pain Syndrome symptoms: burning, swelling, color changes, temperature.

Name:

Date Range:

Pain Scale Reference (0–10 NRS)

0

1

2

3

4

5

6

7

8

9

10

0 = No Pain5 = Moderate10 = Worst Possible

CRPS Symptom Log

CRPS symptoms are complex. Track pain, sensory, autonomic, and motor changes daily.

Date	Pain (0-10)	Burning	Allodynia	Swelling	Color Changes	Temp Changes	Sweating

Motor & Functional Changes

Date	Weakness	Tremor	Stiffness	Range of Motion	Dystonia	Grip	Walking

Affected Limb Comparison

Compare affected vs unaffected side for visible changes.

Date	Side	Color	Temperature	Swelling	Hair/Nail Changes	Notes

Treatment & Specialist Notes