

Date: 4/15

Pain Level: 1 2 3 4 5 6 7 8 9 10

Emotional Level: 1 2 3 4 5 6 7 8 9 10

Events Leading up to Pain:

Gardening over the weekend for 4 hours.

Pain increased throughout the night in my low back and is radiating down my legs.

Actions Taken:

Rest and elevation for a day brought my pain back down to 4/10. Iced at first, but now using heat in the mornings. PT exercises hurt a little but was able to complete.

Notes/ Questions:

Next weekend plan to pace garden activity.

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