

Foothills Pain Management Clinic

Dharmesh Mehta, MD | Matthew Tan, MD
Joanna Acosta, PA-C | Tanya Lumbangaol, PA-C, | Veronica Sanchez, FNP-BC
Austin Chang, PA-C | Rudy Ramirez, PA-C,
"Restoring Life by Relieving Pain"

Pain Diary for Medial Branch Block

Facet or Medial Branch Nerve Blocks are targeted to block or numb pain <u>**TEMPORARILY**</u>. This is to determine and confirm if these nerves are responsible for the pain.

THE PAIN RELIEF IS ONLY INTENDED TO LAST About 8 HOURS								
•	that you track your pain relief immed re able to complete.	iately after tl	ne procedure alor	ng with the				
There can be pa	in at the injection sight. You want to track the	e pain you had	PRIOR to the proce	dure ONLY.				
	What is your Pain Level:/10 What Activ		•					
Time	Activity Able to Perform: IE: Walking, Standing, Daily Activities	Pain Level 1-10	Medication Taken & Dosage	Where is Your Pain				
30 Minutes			-					
1 Hours								
2 Hours								

Time	IE: Walking, Standing, Daily Activities	1-10	& Dosage	Your Pain
30 Minutes				
1 Hours				
2 Hours				
3 Hours				
4 Hours				
5 Hours				
6 Hours				
7 Hours				
8 Hours				

POST Procedure Pain Level:	_/10	What Activ	vity	are you ABLE t	o perform due to Pa	in RELIEF ?
[]WALKING []TWISTING	[]	LAYING	[] BENDING	[]STANDING	[]SITTING



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Pain Diary

			ities using the p der can determi			
Your Ne	xt Appoint	ment is		a	t A	M/PM
[] Covina	Office [] Pom	ona Office	[] Rancho Off	ice []LA Offi	ce [] West C	ovina Office
Procedure	Performed: _				_ on/_	/
(%) (%)			(%) (%)			(S)
0	1 2	3	4 5	6 7	8 9	=
NO Pain Date	Time	Acti	Moderate Pain ivity Level	Pain Level 1-10	Medication Taken & Dosage	Vorse Possible Pair Where is Your Pain
	Pre-Injection					
	Post-Injection					
	2 Hours					
	4 Hours					
	6 Hours					
	8 Hours					
	12 Hours					
	24 Hours					
	48 Hours					
	72 Hours					
	7 Days					
	rcentage of F	Pain Relie	ef after 7 days	s:%		sician Signature