



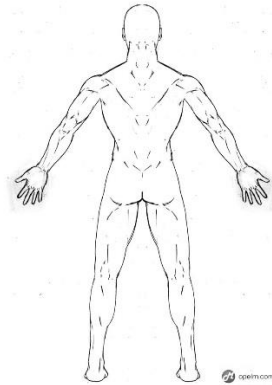
WELLPATH'S HEALTHY BACK PROGRAM



BUILDING YOUR BACK PROGRAM

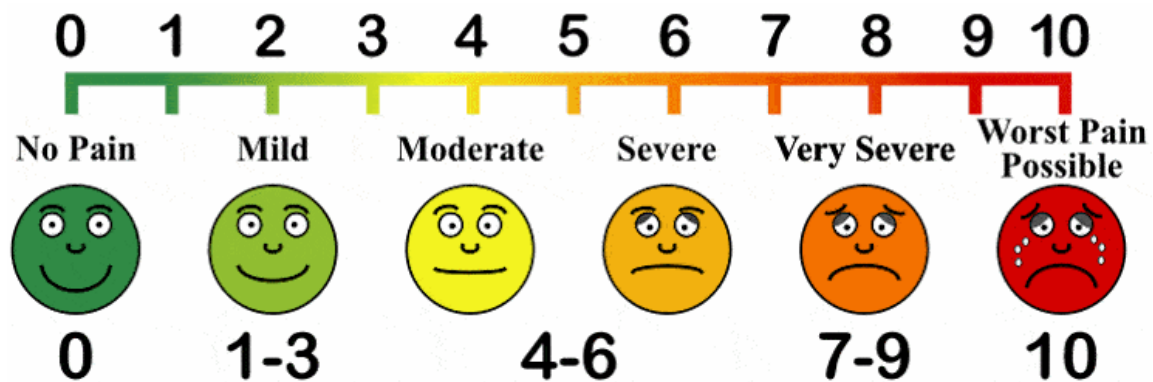
(YOU CAN USE THIS FORM OR THE JOINTSTRONG APP)

GENERAL SYMPTOM AND FUNCTIONAL BASELINES:



SYMPTOM BASELINE: IF YOU HAVE PAIN, NUMBNESS, STIFFNESS, BURNING OR TINGLING NOW, CIRCLE THE LOCATION(S) ON THE PICTURE ABOVE. IF THE PAIN RADIATES DRAW AN ARROW FROM WHERE IT STARTS TO WHERE IT ENDS.

RATE YOUR PAIN IN THAT AREA:



FUNCTIONAL BASELINE: IS THERE A MOTION OR ACTIVITY WHICH YOU CAN **NOT** DO, OR ARE LIMITED IN YOUR ABILITY TO DO, BECAUSE OF SYMPTOMS OR OTHER LIMITATIONS RELATED TO YOUR BACK? IF SO WRITE THE ACTIVITY DOWN BELOW:

RATE THE LEVEL OF LIMITATIONS: NO LIMITATIONS, MILD LIMITATIONS, MODERATE LIMITATIONS, SEVERE LIMITATIONS

