



## Report Specs

Custom Dates

3/1/12 - 3/31/12

Diary name: **Bob**

Patient name: **Bob Johnson**

Report name: **Custom Dates**

Date range: **Mar 01 '12 to Mar 31 '12**

Number of entries: **125**

Data generated on: **6/13/12 9:33 AM**

Tracker count: **11**

Staleness factor: **0%**

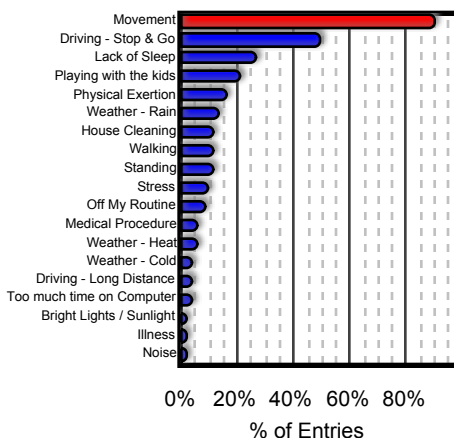


## Pain Triggers

Custom Dates

3/1/12 - 3/31/12

Top Pain Triggers



## Movement

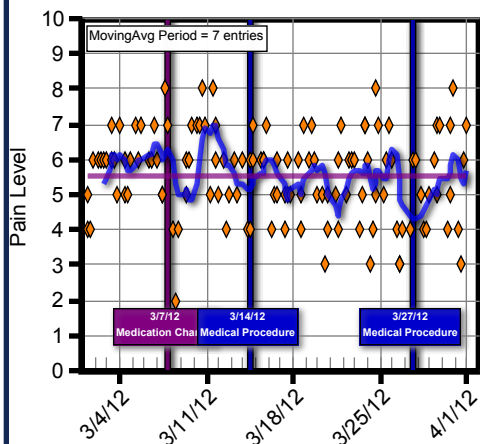


## Pain Intensity Level

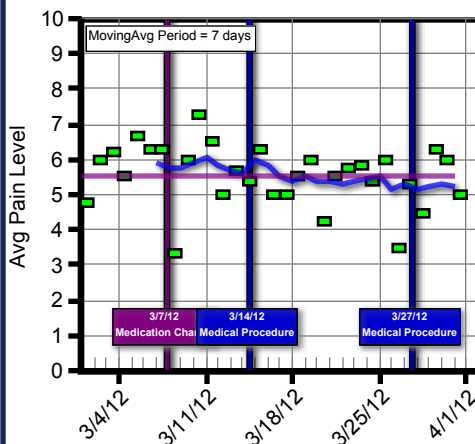
Custom Dates

3/1/12 - 3/31/12

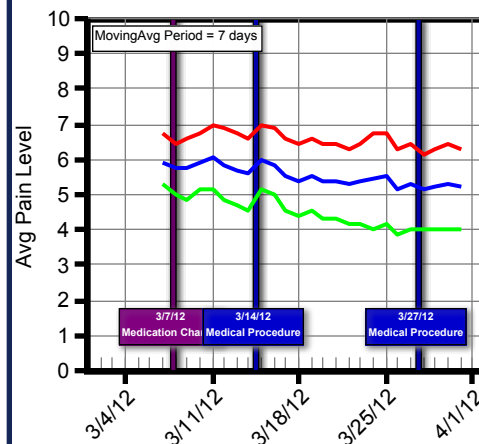
Pain Level vs Time



Daily Avg Pain Level vs Time

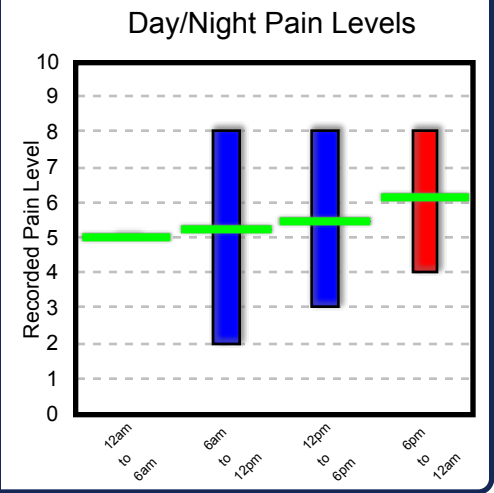
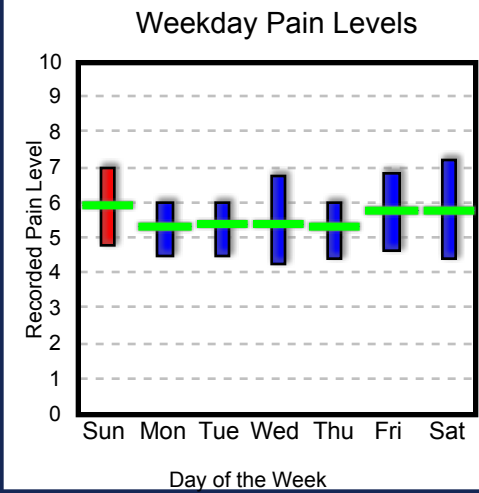
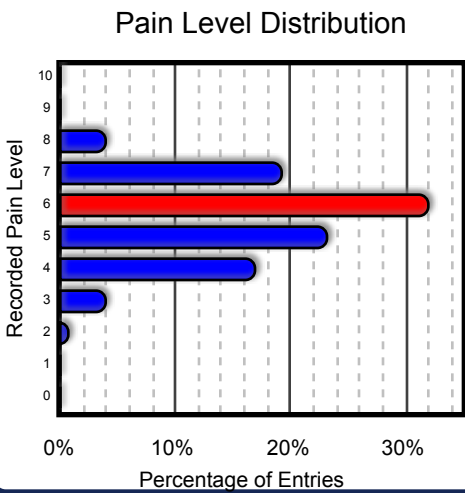


Moving Avg Pain Level vs Time

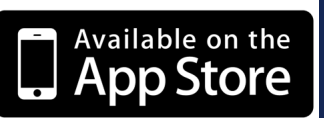
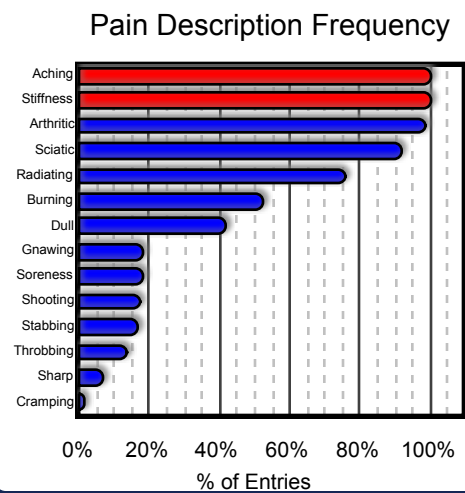




**7** Pain Intensity Level Custom Dates 3/1/12 - 3/31/12  
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**Description** Pain Descriptions Custom Dates 3/1/12 - 3/31/12



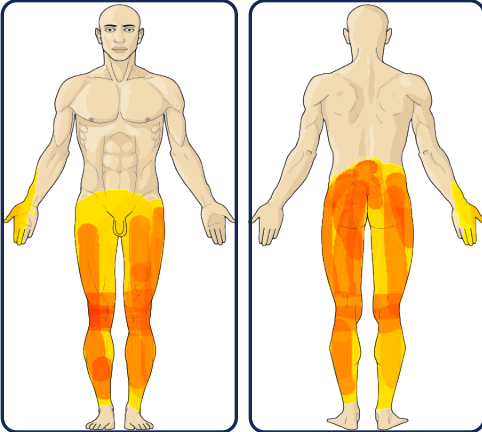


## Pain Location Mapping

Custom Dates

3/1/12 - 3/31/12

Pain Map: Male

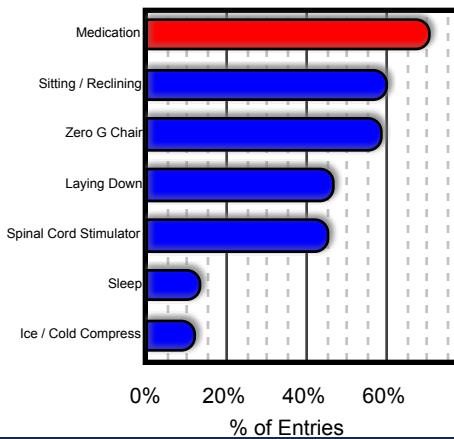


## Effective Treatments

Custom Dates

3/1/12 - 3/31/12

Treatment Frequency



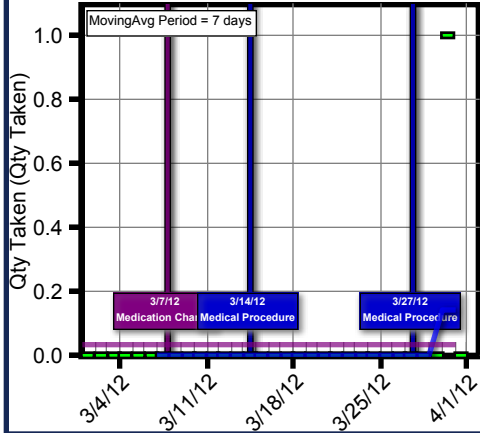


# Medication Tracking

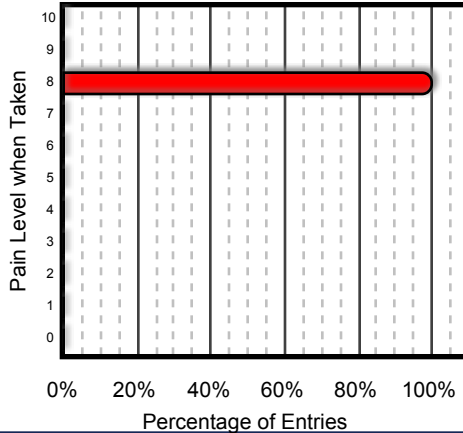
Custom Dates

3/1/12 - 3/31/12

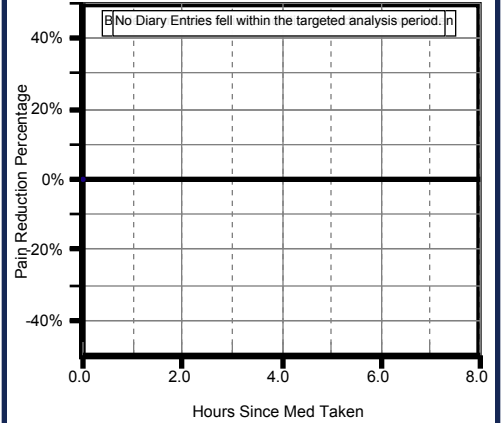
Daily Totals: Ambien 12.5mg



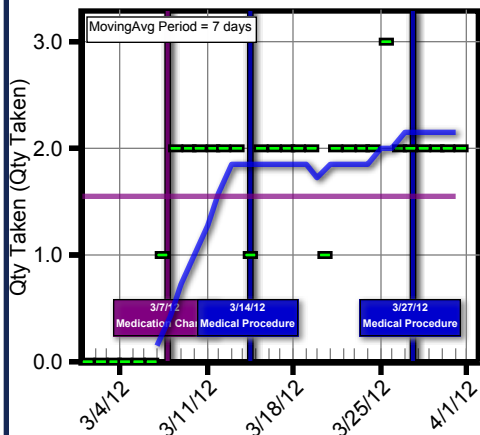
Pain when taken: Ambien 12.5mg



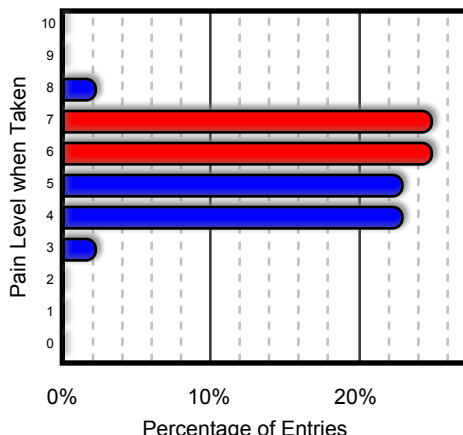
Pain Reduction: Ambien 12.5mg



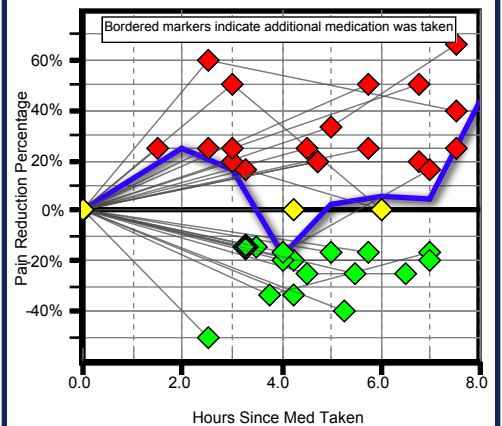
Daily Totals: Baclofen 20mg



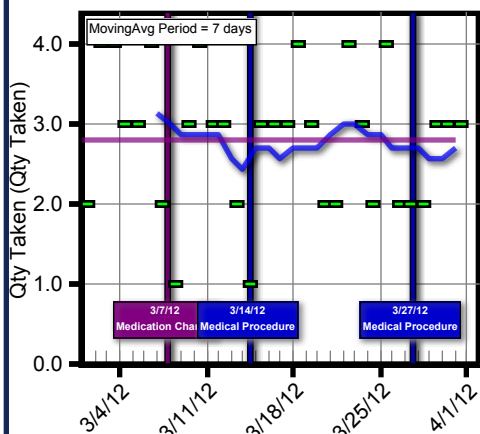
Pain when taken: Baclofen 20mg



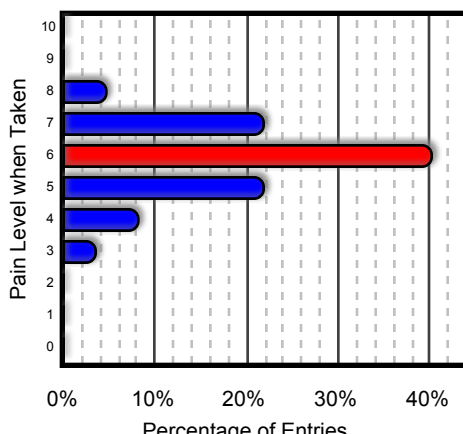
Pain Reduction: Baclofen 20mg



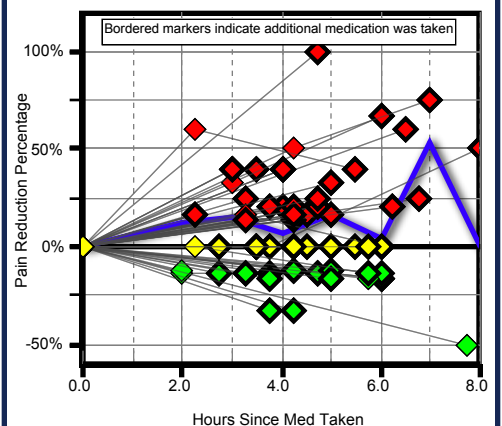
Daily Totals: Dilaudid 4mg



Pain when taken: Dilaudid 4mg



Pain Reduction: Dilaudid 4mg



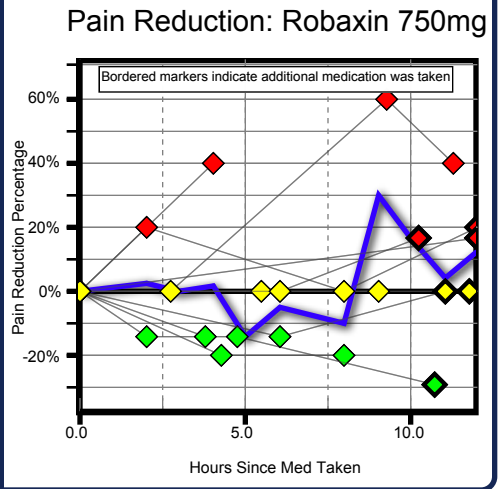
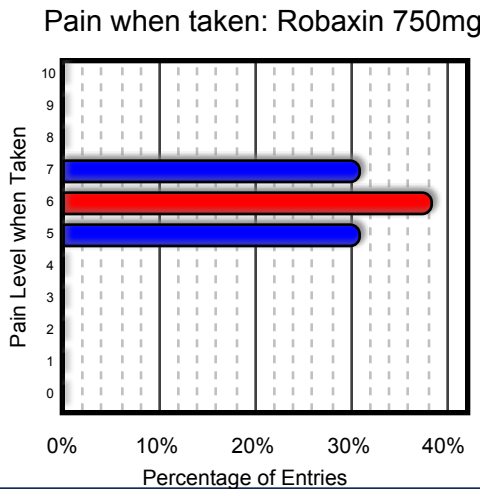
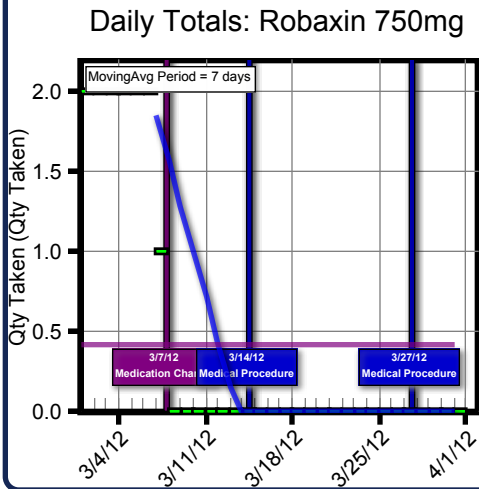


## Medication Tracking

Custom Dates

3/1/12 - 3/31/12

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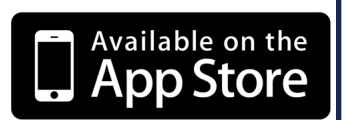


## General Comments

Custom Dates

3/1/12 - 3/31/12

Entry Date	Pain Level	Comment
3/31/12 9:00 PM	7	Pain just keeps building through afternoon into evening. BT meds barely make a dent.
3/31/12 6:45 PM	6	Took kids to bookstore and have been sitting at comp doing taxes most of afternoon. My back is just so sore and legs are burning. Can't concentrate or get into a comfortable position.
3/31/12 8:30 AM	4	Feeling pretty good this morning. Still some stiffness in back and legs are a bit on edge.
3/30/12 8:00 PM	8	Arrggghh. Feeling horrible. Can barely walk. Just going to go to bed.
3/30/12 4:45 PM	7	Ouch. Standing and walking at the event has really got my back and legs going. Also my right arm is numb to mid forearm. Cannot get comfortable right now and the BT med isn't doing crap.
3/30/12 1:45 PM	5	[Private Comment]
3/30/12 8:00 AM	4	Feeling pretty good. Back is feeling better. Still some pain and occasional jet of pain, but better than it has been.
3/29/12 7:45 PM	7	[Private Comment]
3/28/12 7:45 PM	5	Feeling pretty good compared to the typical afternoon.
3/28/12 8:00 AM	5	1st morning after the RF Ablation. Back feels quite stiff and bruised, but not too bad. Going to keep icing it today. My hand (right) is tingling again and feels weak.
3/27/12 2:00 PM	6	[Private Comment]
3/26/12 2:45 PM	3	Arrggghh. Fell asleep in my chair again. This has got to stop.





## General Comments

Custom Dates

3/1/12 - 3/31/12

(continued from previous page)

3/25/12 4:30 PM	7	[Private Comment]
3/25/12 12:15 PM	6	Had to go to hardware store. The walking around started pain levels rising. Was really feeling it by the time I got home could barely stand up.
3/25/12 7:30 AM	5	Very stiff from yesterday. Pain level is lower though which is a nice change.
3/24/12 4:45 PM	8	Wow, that hit fast. Very shortly after soccer game, the pain really started coming on. By the time we got home it was really bad.
3/24/12 7:00 AM	3	Feeling much better this AM. Could really sleep in, so just got up early.
3/23/12 11:15 PM	6	Legs still burning. Won't let me sleep!
3/22/12 7:30 PM	6	Felt crappy most of the day today. Now just very worn out and tired of hurting.
3/22/12 4:45 PM	6	Feel asleep in front of the computer around 2pm. Got sleep last night, but the midday exhaustion hits again. Now feeling hung over for some reason.
3/21/12 8:00 PM	7	Got talked into going out to eat although I knew it was going to be painful. I was right. Now very uncomfortable and curled up on the bed.
3/21/12 5:15 PM	6	[Private Comment]
3/21/12 1:00 PM	4	Leg and back pain isn't too bad today, but my right hand is still very weak and having tremors plus hitting the midday exhaustion point. Ain't life grand!
3/20/12 7:45 PM	5	My right hand has been super weak today. I couldn't even turn the car on. It's been getting worse over last month or so, but today was a big jump.
3/20/12 4:45 PM	4	Made it through the midday exhaustion. It keeps getting worse.
3/19/12 11:45 AM	7	Had to lay down and sleep for couple hours this am.
3/17/12 3:45 PM	6	[Private Comment]
3/15/12 5:15 PM	6	Getting stabbing jolts from the injection sites. Legs are just non stop hurting. Can't get comfortable.
3/15/12 8:30 AM	6	Can tell I over did it yesterday after the injection bc I'm really feeling it this AM. Back is very stiff and sore. Legs are about normal which means crappy.
3/14/12 5:45 PM	6	Injection has definitely worn off. Also been sitting in car and at gym and now my back and legs are starting to scream.
3/14/12 2:30 PM	4	Pain in back is feeling good. Leg pain is still there, but manageable today.
3/14/12 11:30 AM	6	Got 2nd trial nerve block at L2-L5. Injection of med at L5 really sent a bad pain all the way down my leg.
3/12/12 2:00 AM	5	As tired as I was earlier today, now I can't sleep. Part of it is the constant pain in my left leg and part is I don't know what. All I know is I'm up till my usual all hours of the night.





## General Comments

Custom Dates

3/1/12 - 3/31/12

(continued from previous page)

3/11/12 5:30 PM	7	Woke up feeling a bit better, but that faded pretty quickly. I think I just need to get thru today and sleep this pain off.
3/11/12 12:30 PM	8	Feeling horrible today. Legs are just on fire and back is stabbing me with every movement. Going back to bed to see if laying down and sleep will help.
3/11/12 10:00 AM	5	Very sore from yesterday's activities.
3/10/12 8:15 PM	7	Finally, laying down. But legs are still burning with pain. At least the weight is off my spine, so hopefully it will begin to subside now.
3/10/12 11:45 AM	7	Hurting nonstop today. Walking between buildings on the campus is excruciating. Even sitting hurts. Just want to lay down to get the weight off my spine.
3/10/12 7:30 AM	7	[Private Comment]
3/9/12 11:15 AM	6	[Private Comment]
3/8/12 7:15 PM	4	Felt good most of the day. Started coming back late this afternoon but that might be bc I haven't taken any BT meds till now.
3/8/12 11:00 AM	2	Wow, feeling great today. Pain is really low and I have energy. Taking wife out for lunch today.
3/7/12 6:00 PM	8	Horrible pain all afternoon as I took kids to their activities. Can't get comfortable in any position. Legs are just on fire.
3/7/12 8:45 AM	5	Was up super late again. And I am so stiff getting out of bed. I still feel the pain in my left leg from last night.
3/6/12 10:30 PM	6	Just can't get the pain levels down to where I can sleep.
3/6/12 6:45 PM	7	The cold got to me at my daughter's soccer practice. My left leg is killing me right now.
3/6/12 2:30 PM	6	Wiped out this afternoon. Fell asleep in my chair after lunch.
3/5/12 7:30 PM	7	Really sore and hurting after getting kids to their after school stuff. Legs are on fire.
3/3/12 10:45 AM	6	[Private Comment]



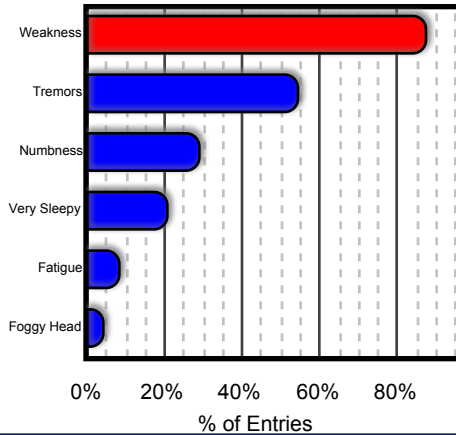


## Other Symptoms

Custom Dates

3/1/12 - 3/31/12

Other Symptom Frequency



**Tremors**      **Very Sleepy**

Loss of Balance   Chills      **Numbness**

Dry Mouth   Fever   Allergies      Dizziness

Anxiety   Upset Stomach   Constipation      **Foggy Head**

Incontinence      **Fatigue**      Sweating      Depression

Blurred Vision

**Weakness**



## Milestones

Custom Dates

3/1/12 - 3/31/12

Entry Date	Graphs On	Category	Comment
3/27/12 2:00 PM	YES	<b>Medical Procedure</b>	RF Ablation at L2, 3, 4 & 5 on left side.
3/14/12 11:30 AM	YES	<b>Medical Procedure</b>	2nd trial nerve block. This time at L2-L5 because the first round in the higher joints didn't seem to have much impact. Initial injection shot pain down my left leg (unusual according to the doc), but my back is feeling better.
3/7/12 8:00 PM	YES	<b>Medication Change</b>	Switch from Methocarbamol 750mg to Baclofen 20mg. Changed bc insurance no longer covers Methocarbamol.





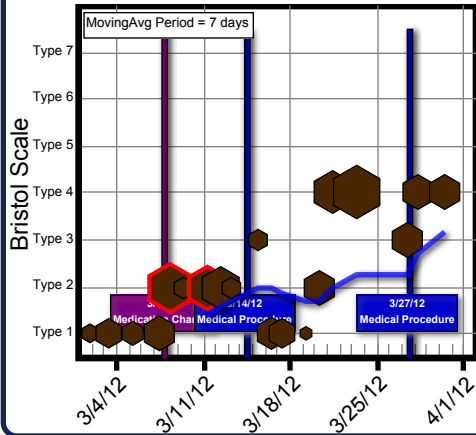


# Bowel Movements

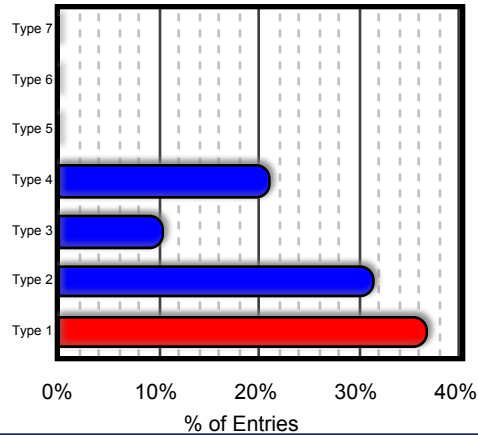
Custom Dates

3/1/12 - 3/31/12

Bowel Movement vs Time



Bristol Scale Type Distribution



BM Frequency (per week)

