

A Beginner's Guide to Myofascial Release Self-Care

How to Relieve Pain, Tension and Stiffness Naturally and Start Feeling Better in Just Minutes

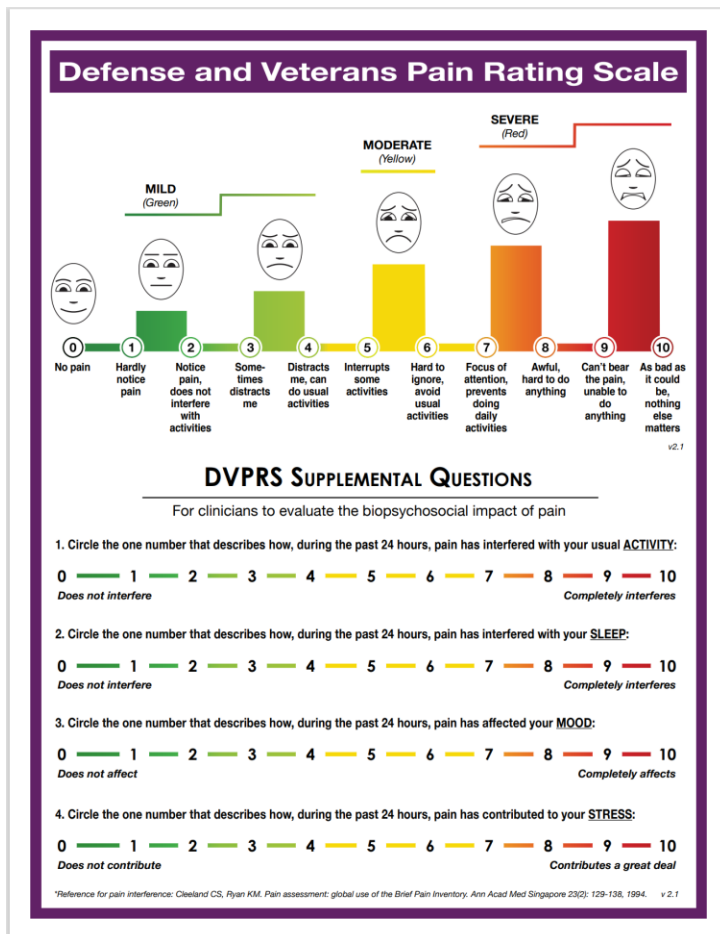
Pre and Post Self-Assessment

Experiencing pain and stiffness can be challenging. Even seemingly small amounts of pain can affect your stress levels which can make pain even worse. Your overall perception of pain can be hard to track over time. Even when you are improving, it can be frustrating that the pain still exists and will not go away, making it hard to see progress. Use this document to assess your experience of pain and stiffness before you start the course so can more accurately determine the progress you have made.

The following pain scale is widely used and in my opinion one of the most helpful. Pain is difficult to define and can change throughout the day. Complete the scale before you begin the course and again when you are done. You may want to use it periodically during the course and after to help you see change.

If you are not experiencing pain, just stiffness or tension, make some notes about how you feel pre-class and post-class that relate to what you are experiencing in your own body.

Pre-class



Notes:

Post-class

Defense and Veterans Pain Rating Scale

Rating	Category	Description
0		No pain
1	MILD (Green)	Hardly notice pain
2		Notice pain, does not interfere with activities
3		Sometimes distracts me
4		Distracts me, can do usual activities
5	MODERATE (Yellow)	Interrupts some activities
6		Hard to ignore, avoid usual activities
7		Focus of attention, prevents doing daily activities
8	SEVERE (Red)	Awful, hard to do anything
9		Can't bear the pain, unable to do anything
10		As bad as it could be, nothing else matters

v2.1

DVPRS SUPPLEMENTAL QUESTIONS

For clinicians to evaluate the biopsychosocial impact of pain

- Circle the one number that describes how, during the past 24 hours, pain has interfered with your **ACTIVITY**:
 0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10
Does not interfere *Completely interferes*
- Circle the one number that describes how, during the past 24 hours, pain has interfered with your **SLEEP**:
 0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10
Does not interfere *Completely interferes*
- Circle the one number that describes how, during the past 24 hours, pain has affected your **MOOD**:
 0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10
Does not affect *Completely affects*
- Circle the one number that describes how, during the past 24 hours, pain has contributed to your **STRESS**:
 0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10
Does not contribute *Contributes a great deal*

*Reference for pain interference: Cleveland CS, Ryan KM. Pain assessment: global use of the Brief Pain Inventory. Ann Acad Med Singapore 23(2): 129-138, 1994. v 2.1

Notes: