

**Hiiro Prince**  
**TRUE IDENTITY PROJECT**  
**405-535 Smithe St.**  
**DOLCE, Symphony Place**  
**Vancouver, BC**

**CLIENT PAIN ASSESSMENT FORM (Yoga Therapy / Massage)**

**UNDERSTANDING PAIN**

Even though we understand that the way we react/respond to pain can shift or change the pain itself, we want to remember that this DOESN'T mean that the pain isn't there, or that you aren't experiencing it. We ultimately want to understand the pain in all forms, and we do this by assessing the client (YOU!)

**P = Provokes and Palliates**

What Causes the pain? What makes the pain better? What makes the pain worse?

**Q = Quality**

What does the pain feel like? Is it sharp? Dull? Stabbing? Burning? Crushing?

**R = Region and Radiation**

Where is the pain located? Is it confined to one place? Does the pain radiate? If so, where to? Did it start elsewhere, and is it now localized to one spot?

**S = Severity**

How severe is the pain?

**T = Time (Or Temporal)**

When did the pain start? Is it present all the time? Are you pain-free at night or during the day? Are you pain-free on movement? How long does the pain last?