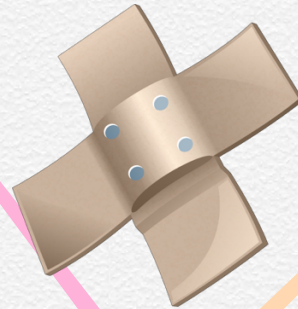


acronym
OPQRST

Time (or Trigger): How long has it been going on?

Onset: When did the problem first start?



Severity: How bad is the pain on a scale of one to 10?

Place: Where does it hurt?
Some people use
Provocation: what causes it to hurt?

The Six Things You Need to Tell Your Doctor for Any Type of Pain

Radiation (or Region): Does it bother you other places at the same time?

Quality of pain? Is it a sharp or burning pain? Or is it more dull and aching?



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