

CARRA PAIN CHART

The chart is designed for paper or electronic administration. Instructions: "Color in [click] all the parts of your body where you have had pain in the past 2 weeks." Instructions may be varied if necessary to show pain "right now", or pain during a specified activity, or during a different period of time, or to show pain of different quality or intensity using different colors or symbols. Areas for scoring are listed in Table 1, next page.

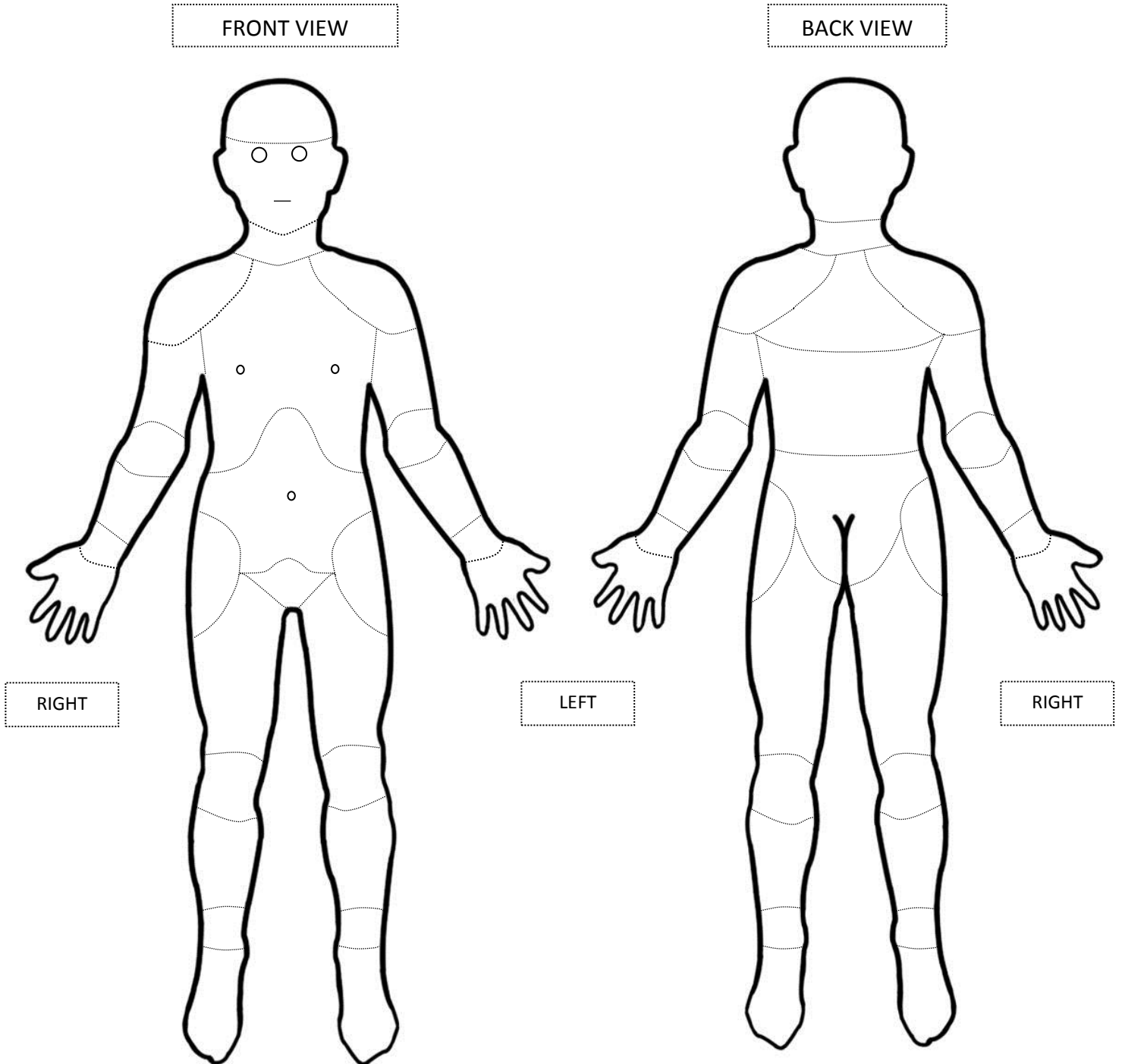
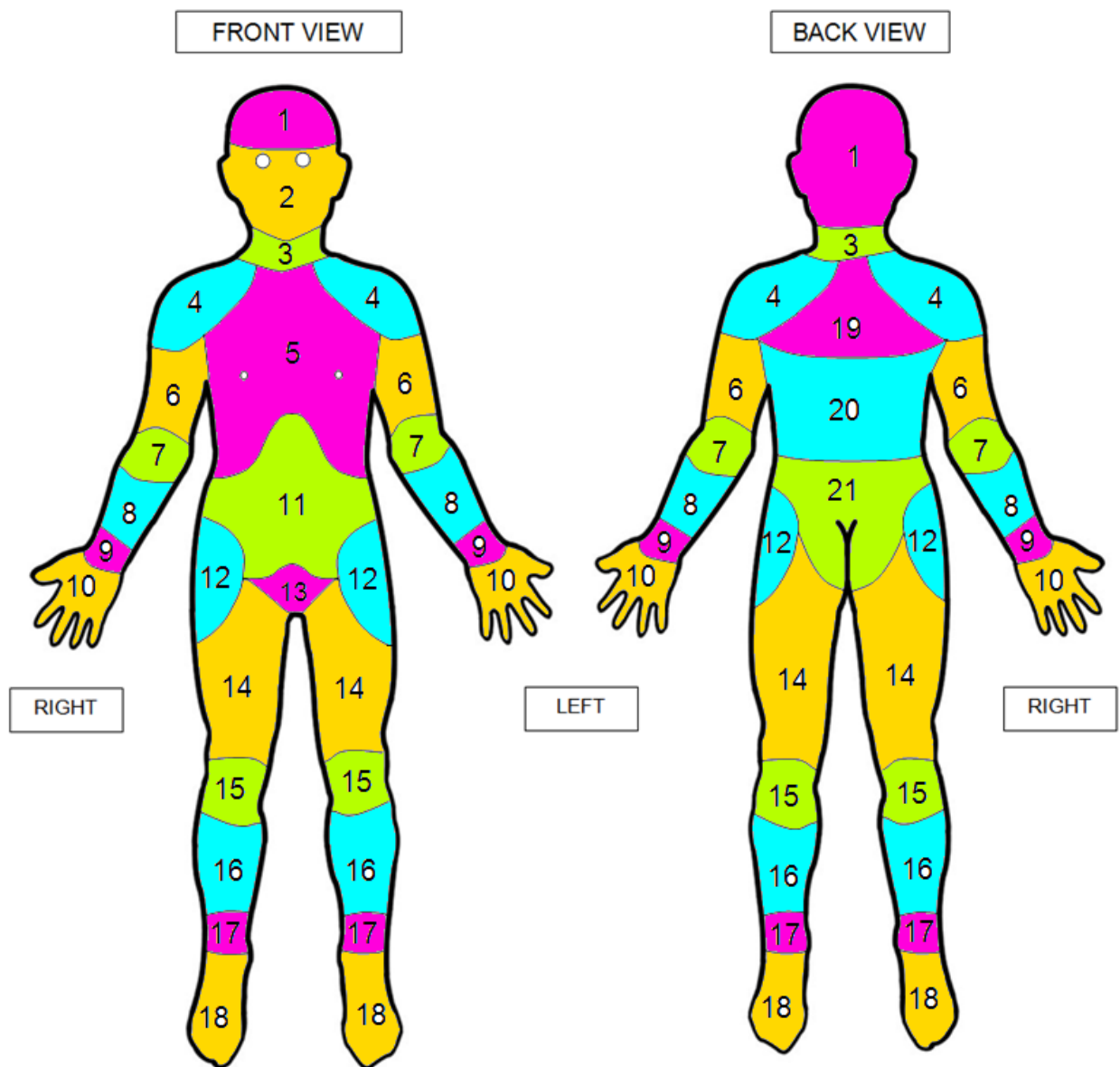


Table 1. Scoring the pain chart. Twenty-one areas are identified on the map as listed below. Any mark in an area results in a score (Yes or 1) for that area. Any area left blank gets a score of No or 0. Laterality is ignored: for example, a mark on the left foot, the right foot, or both feet all score the same (Yes for Foot). Investigators can score the map more finely if desired, or add demarcations or enlargements of areas of interest. This system is the suggested minimum.

Area	Description	Front view only	Back view only	Either view, either side
1	Head (exclude face)			X
2	Face / jaw / temple	X		
3	Throat/neck			X
4	Shoulder			X
5	Chest	X		
6	Upper arm			X
7	Elbow			X
8	Forearm			X
9	Wrist			X
10	Hand			X
12	Abdomen	X		
12	Hip			X
13	Groin/pubic area	X		
14	Thigh			X
15	Knee			X
16	Calf			X
17	Ankle			X
18	Foot			X
19	Upper back		X	
20	Mid back		X	
21	Low back		X	



Note: this version with colors and numbers is not shown to the patient. It is provided to show the numbering of locations, and to distinguish which areas are the same on the left/right and front/back, and which areas are distinct to the front or back side of the body map.