

# Identifying Your Pain/Conditions

Name: \_\_\_\_\_

Please circle conditions that you think you may have and consult the colour key to plan your training. Note the general conditions in the box below and feel free to write specific information in blank spaces.

Arthritis (all joints)	Osteoarthritis	Rheumatoid Arthritis	Muscle Spasms
Fibromyalgia	Overuse Syndrome	Sprain/Strain	Locked Joints
Tendinitis	Bursitis-all joints	Circulation Issues	Numbness & Tingling

## Training Package Colour Key:

Neck and Head Pkg

Shoulder, Upper Arm, Elbow Pkg

Elbow, Forearm, Wrist, Hand Pkg

Chest and Rib Cage Pkg

Lower Back, Glutes, etc. Pkg

Knee, Quad, and Calf Pkg

Ankle, Foot, Achilles, Calf Pkg

