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) Rheumatoid Arthritis Muscle Spasms Osteoarthritis **Locked Joints** Fibromyalgia Overuse Syndrome Sprain/Strain

Numbness & Tingling **Tendinitis** Bursitis-all joints Circulation Issues

Kaleidoscope Vision

Tinnitis (Ringing in Ears)

Neck Pain/Limited Range of Motion

Light Headed/Dizziness



Abdominal Pain

Headaches/Migraines

Sinusitis/Sinus Problems TMJ Pain

Trigeminal Nerve Pain

Whiplash

Collar Bone Injuries

Training Package Colour Key:

Neck and Head Pka

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

Frozen Shoulder/Rotator Cuff Pain

Mid-Upper Back Pain

Irregular Heart Palpitations Breast Tissue Inflammation Rib Misalignment/Pain

Scoliosis

Disc Pain (Herniated)

Forearm Pain/Stiffness Carpal Tunnel Syndrome

Sciatica Pain

Piriformis/Glute Pain

Racing Heart

Arm Muscle Pulls/Pain

Chest Pain (Fake Heart Attacks)

Chest Muscle Pulls/Pain

Tennis Elbow

Lower Back/SI Joint Pain Hip Problems/Pain Hip Flexor Pulls

Hand/Finger Pain/Conditiopns Trigger Finger

Groin Pulls/Pain

Quad/Hamstring PainPulls

Knee Pain/Arthritis

Osgood-Schlatters Pain

Shin Splints

Foot/Arch Pain **Heel Spurs** Hammer Toe Runner's Knee-Patellofemoral Syndrome

Jumper's Knee-Patellar Tendinitis

Calf Pain/Pulls or Spasms

Achilles Tendonitis Ankle Problems Plantar Fasciitis Bunions

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