



## Personal Pain Trigger Journal

In the column on the left fill in your most common pain triggers in detail. This could be a specific movement, position or activity. In the column to the right fill in as many “Pain Free” positions as possible. This could be any position, activity or movement. The goal with this exercise is to become aware of our pain triggers and to actively spend more time in our pain free positions. This helps with desensitizing our lower backs to promote healing.

<b>Sample:</b> Catching or sharp pain when rolling over in bed in the middle of the night.	Laying on my back with my feet elevated relieves pressure/pain in lower back
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Specific Pain Trigger Detail	Pain Free Position/Activity
1	1
2	2
3	3
4	4
5	5

**The more detail the better. You don't have to stop at just 5! Keep in mind, you will typically know more pain triggers than you will pain relief positions.**

FITNESS  BACK PAIN