



Foothills Pain Management Clinic

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“Restoring Life by Relieving Pain”

Pain Diary for Medial Branch Block

Facet or Medial Branch Nerve Blocks are targeted to block or numb pain **TEMPORARILY**. This is to determine and confirm if these nerves are responsible for the pain.

THE PAIN RELIEF IS ONLY INTENDED TO LAST About 8 HOURS

It is important that you track your pain relief immediately after the procedure along with the activity you are able to complete.

There can be pain at the injection sight. You want to track the pain you had PRIOR to the procedure ONLY.

Pre-Procedure: What is your Pain Level: ___/10 What Activity are you **UNABLE** to perform due to Pain?

WALKING TWISTING LAYING BENDING STANDING SITTING

Time	Activity Able to Perform: IE: Walking, Standing, Daily Activities	Pain Level 1-10	Medication Taken & Dosage	Where is Your Pain
30 Minutes				
1 Hours				
2 Hours				
3 Hours				
4 Hours				
5 Hours				
6 Hours				
7 Hours				
8 Hours				

POST Procedure Pain Level: ____/10 What Activity are you **ABLE** to perform due to Pain **RELIEF**?

WALKING TWISTING LAYING BENDING STANDING SITTING

