



## The Post-Surgical Pain Diary: Tracking Your Pain, Progress Physical Therapy After Surgery (Paperback)

By Mindy J Allport-Settle

Pharmalogika, United States, 2011. Paperback. Book Condition: New. 252 x 202 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.After surgery, it is essential to track your level of pain and your progress through physical therapy. Receiving appropriate treatment for any medical condition requires providing complete and accurate information to your medical team. This book has been designed to collect comprehensive information tracking the process of healing after surgery with successful pain management. The needs of the patient, the clinician, and the many supportive members of the medical team (including the patient's family) are balanced to provide an easy reference tool with precise results. Each page provides a unique hourly and daily graphical view of your pain scale with exact locations, therapeutic treatments, sleep patterns, exercise and activity levels, physical therapy regimens, physiological patterns and changes, and specific drug reactions. This graphical interface design documents your pain in a way that is familiar to your medical team so they can quickly recognize patterns and devise an effective treatment plan that will adequately treat your pain. Each data set provides a graphical snapshot of critical data and factors related to the many causes of pain, trends over...



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