

Facet Injection Worksheet

Name: _____

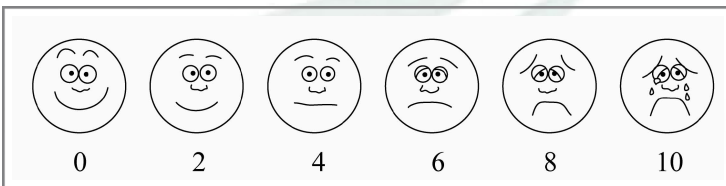
Date of Injection: _____

The facet joints are small joints on the back of the spinal column. There are facet joints at each vertebral level and one on each side of the spine. The joints provide both flexibility — allowing the spine to turn and bend — and stability — preventing excessive motion.

Like all joints, they can become arthritic with time and can be a source of treatable back pain. The purpose of this injection is to determine how much the facet joints are contributing to your pain.

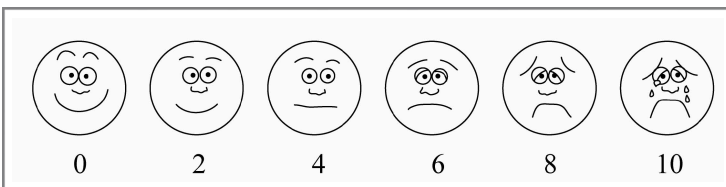
Activity Day Before Injection	Time	Pain Level (1-10)
<i>Example: Vacuuming, shoveling</i>	<i>5 minutes</i>	<i>10</i>
Repeat activity within 4 hours of the injection	Time	Pain Level
<i>Example: Vacuuming, shoveling</i>	<i>25 minutes</i>	<i>4</i>

What was your average pain level on the day before the injection?



0 2 4 6 8 10

What has your average pain level during the 4 hours after the injection?



0 2 4 6 8 10

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