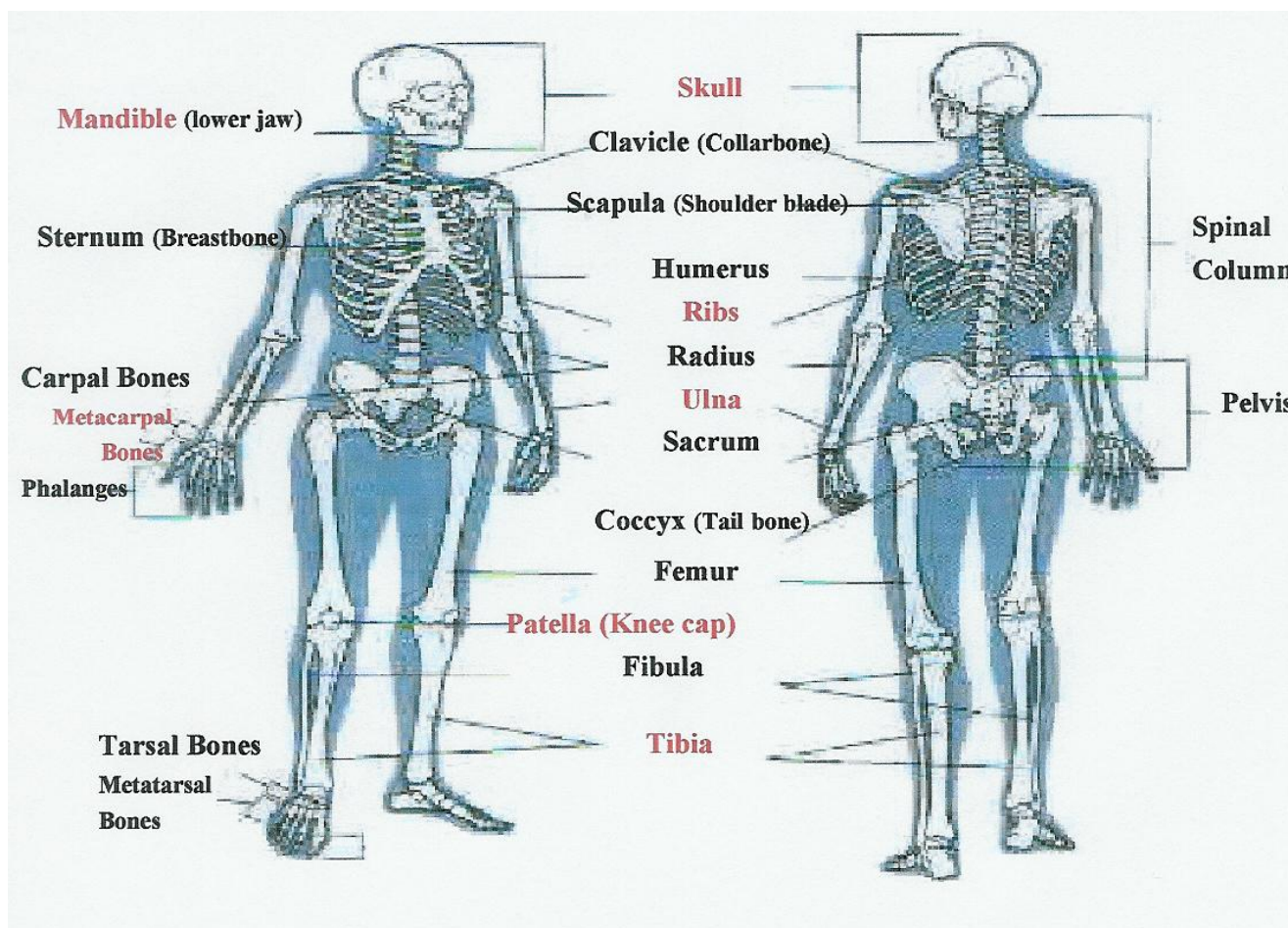


The Bumpy Bone Tracker



Appointment Date: _____ Time: _____

Doctor: _____

Concerns to Discuss: _____

Examination Notes: _____

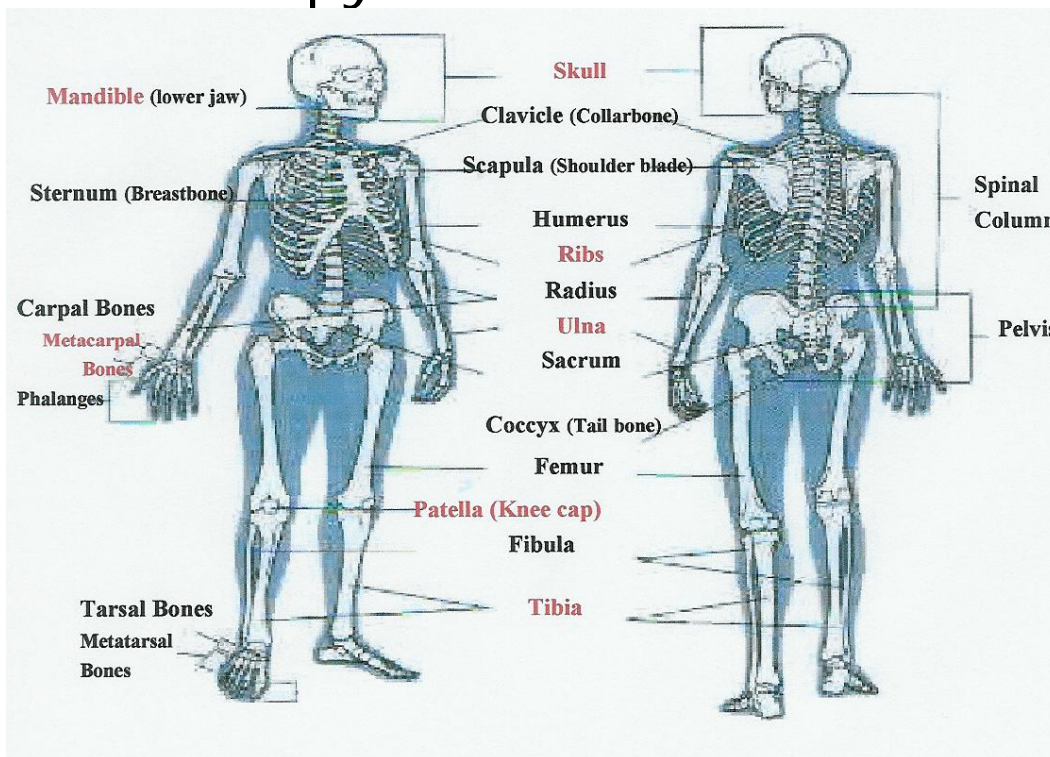
X-rays Taken: _____

Recommended Treatment: _____

Next Appointment: _____

To keep track of bumps, it can be helpful to use a color-coded system using tiny stickers or markers, with one color for bumps that you've known about, one color for areas that have been operated on, and one color for new bumps that you've become aware of since the last examination, bumps that have been causing pain, or other problems that you've noticed. This will help you and your child keep track, and will give the physician an instant overview of things to look for.

The Bumpy Bone Pain Tracker



There are many ways to use the Pain Tracker. Using colored markers, draw a line from the picture to a line below and write down all the words that describe the pain you are feeling in that part of your body. Use a different color for each part that is hurting you. Older children and teens may want to simply list the name of each bone and pain descriptions below. Use your creativity and find the way that best suits your child. For younger children, please see the following page. For all ages, see the pain diary.

Here are some words that can help describe how it feels when you hurt.
Use these or your own words.

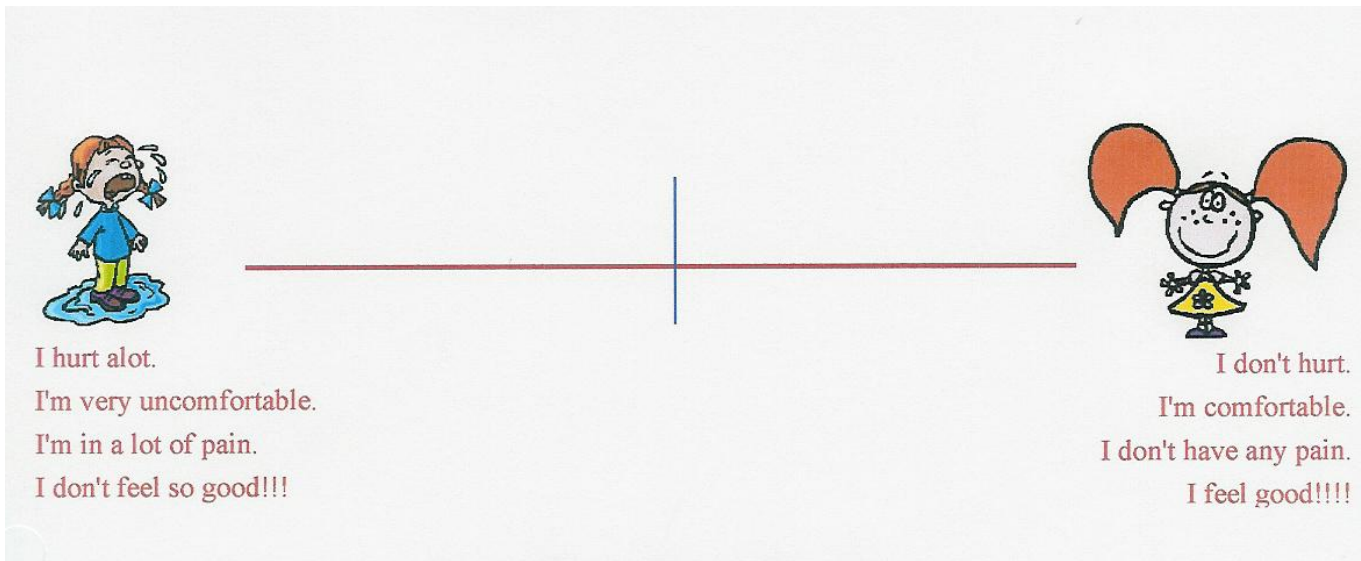
- | | | | |
|-----------|----------|-----------|-----------|
| Aching | Bad | Spreading | Sore |
| Throbbing | Pounding | Horrible | Punishing |
| Shooting | Pins and | Biting | Lonely |
| Stabbing | Needles | Cold | Sickening |
| Sharp | Deep | Warm | Pinching |
| Burning | Stinging | Miserable | Lonely |

The Bumpy Bone Pain Tracker For Little Kids!

www.mheandme.com

HOW DO YOU FEEL?

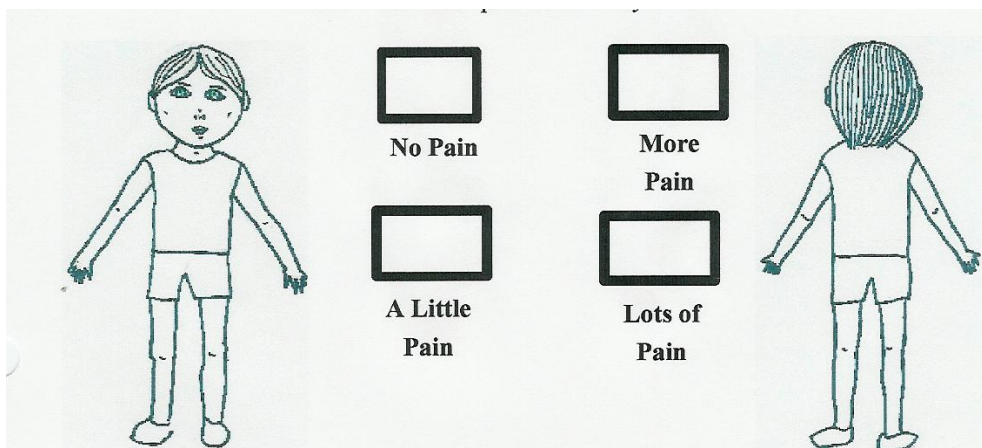
Put a mark on the line that shows how you feel. If you don't have any pain, put a mark near the happy face. If you're hurting, put a mark near the sad face. If you hurt a little, put a mark in the middle.



Where Does it Hurt?

Illustrated by Nicole Wynn, 14

Let your child color in each of the squares below in a different color. Explaining what each color means, let him or her then color in the drawings to show how each part of the body feels.



Pain Diary

This diary can be kept by parents and/or child. Make additional copies as needed, or print from the MHE and Me website www.mheandme.com

Where was the pain? *(You can attach a copy of the Pain Tracker and show where the pain is on the picture, or describe the location here).*

When did the pain start? _____

Activity when the pain started *(Sleeping, running, walking, sitting, climbing stairs, playing a sport, etc.):* _____

How bad was the pain on a scale of 1 to 5, with 5 being the worst? _____

Describe the pain *(You might want to see if some of the words listed on the Pain Tracker describe your pain)* _____

Was any treatment tried? *(Medication, heat, ice, rest, etc)* Describe: _____

Did it help? _____

How long did the pain last? _____

For young children, what was the child's behavior like during this episode of pain *(crying, withdrawn, cranky, etc.):* _____

Additional comments or notes: _____
