**Pain Diary Following Injection**

**Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_Joint :** L / RAnkle / \_\_\_\_\_\_MTPJ / Plantar Fascia / \_\_\_\_\_\_\_\_\_\_\_

**Medication administered** Hydrocortistab / Kenalogue / Marcain

Please circle the appropriate number representing the severity of your pain at each time point.

**Before Injection**

0 1 2 3 4 5 6 7 8 9 10

No Pain Worst pain ever

**Immediately after injection (within 15 minutes)**

0 1 2 3 4 5 6 7 8 9 10

No Pain Worst pain ever

**2 Hours after injection**

0 1 2 3 4 5 6 7 8 9 10

No Pain Worst pain ever

**End of the day of injection**

0 1 2 3 4 5 6 7 8 9 10

No Pain Worst pain ever

**End of the 2 weeks after injection**

0 1 2 3 4 5 6 7 8 9 10

No Pain Worst pain ever

**Advice after the Injection**

You can put as much weight as is comfortable through the foot. Remove the plaster after about 2 hours. You may experience some increase in pain within 48 hours, this will settle. The injection may take up to 7 days to work.

**Please bring this form with you to your next clinic appointment**