

# Pain, Fatigue and Mobility Checklist

Questions that are often asked by people with physical disabilities who experience pain, tiredness and have trouble moving.

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Please note that this checklist is a guide only and should not replace a thorough assessment completed by health professionals.

Question	If you answer...	It is recommended you...
Do you experience any pain at any time across your week?	Yes	<ul style="list-style-type: none"> <li>Don't ignore it. Seek help. Find the cause. Treat it.</li> <li>See your GP, physiotherapist or other health professional.</li> </ul>
Does pain stop you doing an activity?	Yes	<ul style="list-style-type: none"> <li>Don't ignore the pain. Seek help to help you do the activity.</li> <li>See your GP, physiotherapist or other health professional.</li> </ul>
Do certain activities cause you pain?	Yes	<ul style="list-style-type: none"> <li>Don't ignore it. Seek help. Find the cause. Treat it.</li> <li>See your GP, physiotherapist or other health professional.</li> </ul>
Are you in pain during or after eating or drinking?	Yes	<ul style="list-style-type: none"> <li>Don't ignore it.</li> <li>See your GP for health review.</li> <li>See your speech pathologist for a swallow review.</li> </ul>
Do you take any medications for pain relief?	Yes	<ul style="list-style-type: none"> <li>Take medications as prescribed by your doctor.</li> <li>Have the medications reviewed if no end date was given.</li> <li>Don't take medications ongoing without a review with your doctor.</li> <li>Find the cause of pain and treat it.</li> <li>See your GP for health review.</li> <li>See your physiotherapist or other health professional for pain related to the muscles and bones.</li> </ul>
Are you in pain at the end of the day?	Yes	<ul style="list-style-type: none"> <li>Don't ignore it. Seek help. Find the cause. Treat it.</li> <li>See your GP, physiotherapist or other health professional.</li> </ul>
Are you in pain at night?	Yes	<ul style="list-style-type: none"> <li>Don't ignore it. Seek help. Find the cause. Treat it.</li> <li>See your GP, physiotherapist or other health professional.</li> </ul>

## Pain, Fatigue and Mobility Checklist cont.

Question	If you answer...	It is recommended you...
Are you tired at any point during the day that seems more than what other people are?	Yes	<ul style="list-style-type: none"> <li>• Don't ignore it. Seek help. This is a sign your body needs to find different ways of doing things.</li> <li>• See your physiotherapist and occupational therapist.</li> <li>• Consider different ways of moving and the possibility of using a walker or wheelchair or scooter around the home, over short distances and long distances.</li> </ul>
Does your tiredness stop you doing any activities that you want to do?	Yes	<ul style="list-style-type: none"> <li>• Don't ignore it. Seek help. This is a sign your body needs to find different ways of doing things.</li> <li>• See your physiotherapist and occupational therapist.</li> <li>• Consider different ways of moving and the possibility of using a walker or wheelchair or scooter around the home, over short distances and long distances.</li> </ul>
Do some activities or groups of activities make you more tired than others compared to other people?	Yes	<ul style="list-style-type: none"> <li>• Don't ignore it. Seek help. This is a sign your body needs to find different ways of doing things.</li> <li>• See your physiotherapist and occupational therapist.</li> <li>• Consider different ways of moving and the possibility of using a walker or wheelchair or scooter around the home, over short distances and long distances.</li> </ul>
Do you have trouble walking?	Yes	<ul style="list-style-type: none"> <li>• Find out why. Discuss different options for getting from A to B over different distances.</li> <li>• See your physiotherapist.</li> </ul>
Do you fall, trip, stumble or have near misses?	Yes	<ul style="list-style-type: none"> <li>• Find out why. Treat it.</li> <li>• If the changes have been sudden, see your GP or physiotherapist as soon as possible.</li> <li>• If the changes have occurred slowly, see your physiotherapist.</li> </ul>
Do you have trouble standing?	Yes	<ul style="list-style-type: none"> <li>• Find out why. Treat it.</li> <li>• See your physiotherapist.</li> </ul>
Do you have trouble transferring or has your ability to transfer changed?	Yes	<ul style="list-style-type: none"> <li>• Find out why. Find better ways to transfer.</li> <li>• If the changes have been sudden, see your GP or physiotherapist as soon as possible.</li> <li>• If the changes have occurred slowly, see your physiotherapist and occupational therapist.</li> </ul>

## Pain, Fatigue and Mobility Checklist cont.

Question	If you answer...	It is recommended you...
Do you move independently?	No	<ul style="list-style-type: none"> <li>Consider how the people who support you will help you to move and position every day to prevent pain, discomfort and health problems later in life.</li> <li>See your physiotherapist and occupational therapist.</li> </ul>
Do you have difficulty using your hands that is different from before?	Yes	<ul style="list-style-type: none"> <li>Find out why.</li> <li>If there is a sudden change, seek help from GP or physiotherapist as soon as possible.</li> <li>If changes have been happening slowly, see your occupational therapist or physiotherapist.</li> </ul>
Do you use or have trouble using any of your aids, equipment or other assistive technology?	Yes	<ul style="list-style-type: none"> <li>Have all aids, equipment and other assistive technology reviewed every year.</li> <li>See your occupational therapist, physiotherapist and / speech pathologist.</li> </ul>
Are you participating in any physical activities?	No	<ul style="list-style-type: none"> <li>Find ways to move every day.</li> <li>See your physiotherapist for physical activity and exercise ideas.</li> </ul>
Are you participating in any recreational activities?	No	<ul style="list-style-type: none"> <li>Find ways to participate in recreation that suits your interests. Participating in recreation helps both the body and mind feel good.</li> <li>See your planner, support network, physiotherapist, occupational therapist and / or social worker to find something that suits you.</li> </ul>
Have you had surgery or is surgery planned in the future?	Yes	<ul style="list-style-type: none"> <li>Follow the recommended rehabilitation.</li> <li>Have regular reviews by the health team to maintain the benefits.</li> <li>See your health professional team.</li> </ul>
Do you have any pins and needles or numbness, especially in both hands or both feet?	Yes	<ul style="list-style-type: none"> <li>Have your sensation carefully assessed and monitored every year by your physiotherapist.</li> <li>See your GP and physiotherapist for an immediate review if there has been a gradual change in pins and needles or numbness.</li> <li>See your GP as soon as possible if you have suddenly got pins and needles or numbness in both hands or both feet.</li> </ul>

## Pain, Fatigue and Mobility Checklist cont.

Question	If you answer...	It is recommended you...
If you achieved control of your bladder and bowel as a child, have you had any loss of control?	Yes	<ul style="list-style-type: none"> <li>• Have your bladder and bowel control reviewed as soon as possible.</li> <li>• See your GP, continence nurse or physiotherapist.</li> <li>• See your GP as soon as possible if you have suddenly lost control of your bladder and bowel.</li> </ul>
Do you have any ongoing headaches or dizziness?	Yes	<ul style="list-style-type: none"> <li>• Have your headaches and dizziness reviewed.</li> <li>• See your GP as soon as possible.</li> </ul>
Have you had any changes in the amount of sensation (what you can feel) anywhere in your body?	Yes	<ul style="list-style-type: none"> <li>• Have your sensation carefully assessed and monitored every year by your physiotherapist.</li> <li>• See your GP and physiotherapist for an immediate review if there has been a gradual change in sensation.</li> <li>• See your GP as soon as possible if you have suddenly had a change in sensation.</li> </ul>
Do you experience shortness of breath?	Yes	<ul style="list-style-type: none"> <li>• Find out why you have shortness of breath.</li> <li>• See your GP for a health review.</li> <li>• See your physiotherapist for review.</li> </ul>