

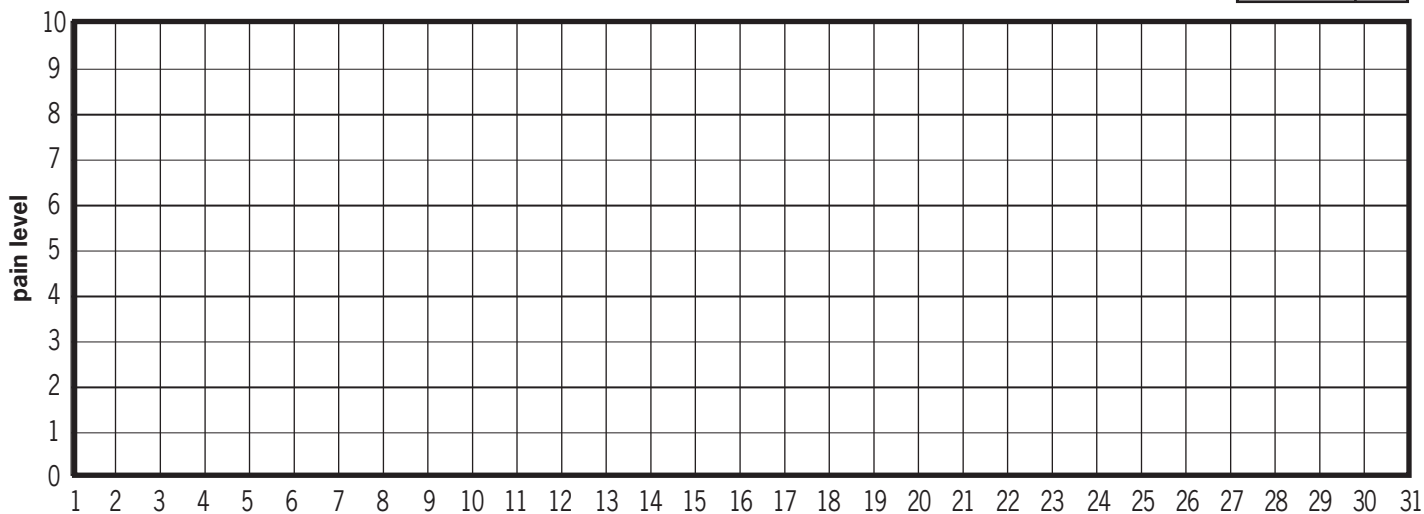
hip pain record sheet

name _____

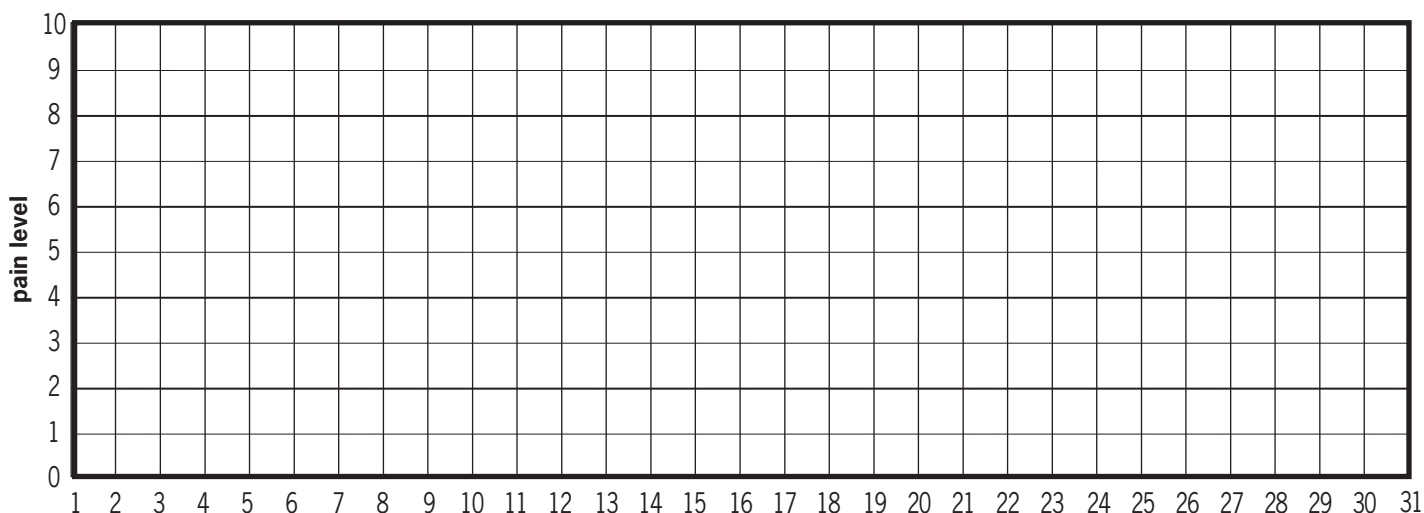
Legend

Left Hip	
Right Hip	

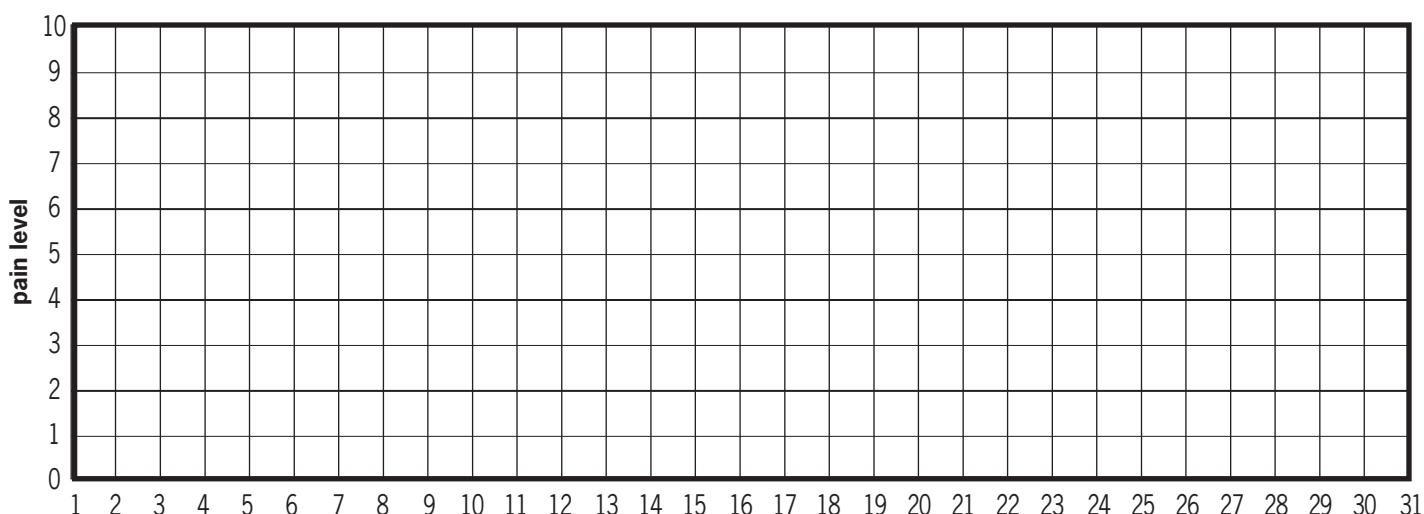
month _____



month _____



month _____



the guide for adults with hip dysplasia — Dr Sophie West and Denise Sutherland

Mark your daily pain level out of 10 for each day of the month. Mark the hip in the Legend above.
If you have pain in both hips, use a different symbol or colour for each hip, and note this in the Legend.

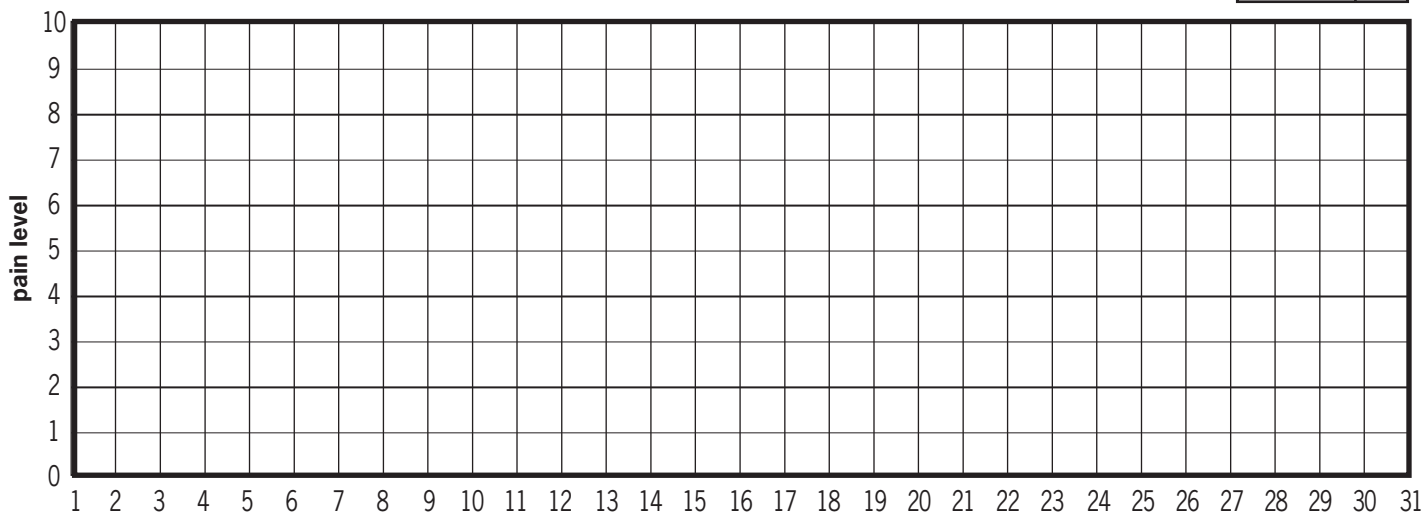
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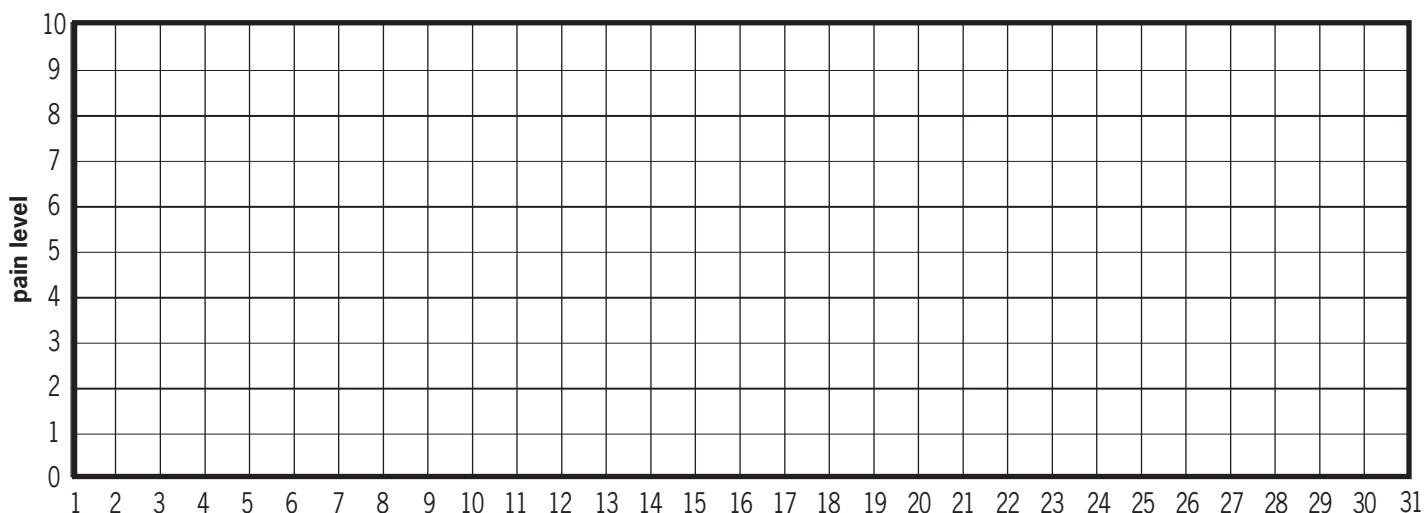
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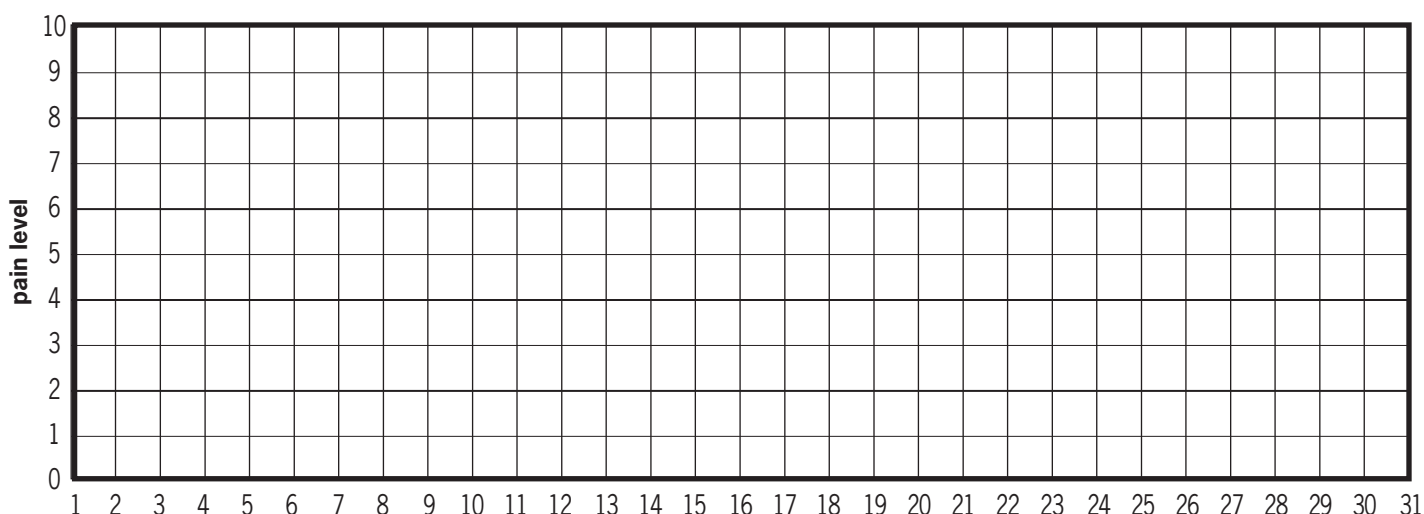
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