

Stiffness and Spasms Diary



Stiffness and Spasms Diary

Using a stiffness/spasms diary for a week can help you identify what causes your symptoms to worsen.

? How do I fill in the diary?

The day is divided into six sections – on awakening, morning, lunchtime, afternoon, evening and bedtime.

Use this scale to note how troubled you are by your stiffness/spasms – there is a box in each section for you to write down your score.

1 = not at all troubled

2 = a little troubled

3 = moderately troubled

4 = extremely troubled

If you are troubled by stiffness and spasms, write down in the space provided what you were doing at the time, how you were feeling or anything you think might be relevant – this will help you identify what triggered your symptoms. As much information as possible will help.

At the end of the week review the diary to see if you can identify a pattern.

? What do I do once I've completed my diary?

If you are still unable to identify what is aggravating your symptoms, contact your MS nurse or physiotherapist for further advice.

Monday

Note how troubled you are by your stiffness/spasms

There is a box in each section for you to write down your score

On awakening:

Morning:

Lunchtime:

Afternoon:

Evening:

Bedtime:

Tuesday

Note how troubled you are by your stiffness/spasms

There is a box in each section for you to write down your score

On awakening:

Morning:

Lunchtime:

Afternoon:

Evening:

Bedtime:

Wednesday

Note how troubled you are by your
stiffness/spasms

There is a box in each section for you to write
down your score

On awakening:

Morning:

Lunchtime:

Afternoon:

Evening:

Bedtime:

Thursday

Note how troubled you are by your stiffness/spasms

There is a box in each section for you to write down your score

On awakening:

Morning:

Lunchtime:

Afternoon:

Evening:

Bedtime:

Friday

Note how troubled you are by your stiffness/spasms

There is a box in each section for you to write down your score

On awakening:

Morning:

Lunchtime:

Afternoon:

Evening:

Bedtime:

Saturday

Note how troubled you are by your stiffness/spasms

There is a box in each section for you to write down your score

On awakening:

Morning:

Lunchtime:

Afternoon:

Evening:

Bedtime:

Sunday

Note how troubled you are by your stiffness/spasms

There is a box in each section for you to write down your score

On awakening:

Morning:

Lunchtime:

Afternoon:

Evening:

Bedtime:

Notes

[illegible]

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Please contact the MS Trust Helpline if
you would like any further information
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