



Musculoskeletal System Inflammation Assessment

	NEVER: 0	RARELY: 1	SOMETIMES: 2	OFTEN: 3	ALWAYS: 4
Do your joints hurt periodically, constantly, or in flares, in random places, with the pain coming and going, seemingly unrelated to injuries?					
Are you hypermobile, "double-jointed," or are your joints hyper-flexible?					
Are you accident-prone, often twisting your ankle, tripping or falling, or dropping things? Do you consider yourself clumsy? Do you often injure your tendons and/or ligaments?					
Do your joints constantly pop, crack, snap, or get stuck in certain positions?					

	NEVER: 0	RARELY: 1	SOMETIMES: 2	OFTEN: 3	ALWAYS: 4
Do you wake up with stiff and/or aching joints and/or muscles but can relieve the stiffness by movement, only to find that it returns at the end of an active day?					
Do you have chronic neck or back pain, tightness, and tension?					
Do you get pins and needles, random stabbing pains, and/or numbness in your hands and feet, or shooting pains down your arms or legs?					
Are massages painful, especially in your arms, legs, and buttocks?					

MUSCULOSKELETAL SYSTEM INFLAMMATION SCORE: _____