THE KNEE PAIN GURU

Natural Solutions for Chronic Knee Pain

7 Day Knee Pain Reduction Challenge

I completed the

rotational PPI

for 1 minute

NOTES

PA	IN	١A	SS	SES	SSN	ИE	NΊ	Т	OOL
0_	1	2	3	4	5	6	7	8	<u>9 1</u> 0
No Pain		Mild	\mathbf{M}	Ioderat	e	Severe	Ver	y Seve	re Worst Pain Possible
() () () () () () () () () ()	((a)	((S)) (8 6		60	
0		1-3		•	4-6		•	7-9	10

DAY 1 AM Pain Level: PM Pain Level: I completed the rotational PPI for 1 minute NOTES	DAY 2 AM Pain Level: PM Pain Level: I completed the rotational PPI for 1 minute NOTES	DAY 3 AM Pain Level: PM Pain Level: I completed the rotational PPI for 1 minute NOTES
DAY 4 AM Pain Level: PM Pain Level: I completed the rotational PPI for 1 minute NOTES	DAY 5 AM Pain Level: PM Pain Level: I completed the rotational PPI for 1 minute NOTES	DAY 6 AM Pain Level: PM Pain Level: I completed the rotational PPI for 1 minute NOTES
DAY 7 AM Pain Level: PM Pain Level:	Write down ultimately how	NOTES

you'd like your

knees to feel.