

Sportsinjuryclinic.net Osgood Schlatters Disease Wall Chart

Rate your pain on a scale from 1 -10 each day. Record any activity and treatment.

| Month: | | | | |
|--------|-----------|---------------------|----------------------------|-------|
| Date | Day | Activity | Treatment | Score |
| 1st | Sunday | 45 minutes football | Ice 3 times for 10 minutes | 4 |
| | Monday | | | |
| | Tuesday | | | |
| | Wednesday | | | |
| | Thursday | | | |
| | Friday | | | |
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