

Injury Checklist

Print and use this convenient checklist to note injuries and other pain or uncomfortable symptoms that you are experiencing since your accident occurred.

- Headaches
- Numbness in hands & feet
- Stiff or painful neck
- Nausea
- Dizziness
- Double Vision
- Painful back
- Muscle spasm
- Nervousness
- Tingling in limbs
- Ringing in ears
- Painful joints
- Any changes from pre-accident condition
- Fatigue
- Ache all over
- Loss of neck motion
- Loss of balance
- Loss of hearing
- Cold hands or feet
- Shortness of breath
- Poor memory
- Anxiety
- Depression
- Rapid Heartbeat
- Tension