

Sample report. All names and data are fictional.

Pain report

Patient: **Sam Rivera** · Period: **2026-09-04 – 2026-10-03**
Generated with PainSense

Episodes 18	Average intensity 5.7 / 10	Peak intensity 8 / 10
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Patterns

- **4.2 episodes per week.** Pain was logged on 17 of 30 days; 13 days had no episodes.
- **Intensity is stable.** Average went from 5.4 in the earlier half of this period to 6.0 in the later half.
- **Most episodes start at night.** 56% of episodes (10 of 18) were logged at night.
- **Episodes with "Stress" are more intense.** They averaged 7.5/10 across 6 episodes, vs 5.7/10 overall.
- **Go-to relief: Ice pack.** Used in 15 of 18 episodes.

By issue

ISSUE	EPISODES	AVG	PEAK	LAST EPISODE
Left knee	15	5.7	8	Oct 2, 2026, 3:54 PM
Migraines	3	6.0	7	Oct 1, 2026, 12:54 PM

Summary

BODY REGIONS • Patella left (15) • Forehead (3) • Temple right (3)	PAIN TYPES • Aching (15) • Throbbing (3)	SYMPTOMS • Stiffness (15) • Light sensitivity (3)	TRIGGERS • Poor sleep (6) • Stress (6) • Screen time (3) • Weather (3)
RELIEF USED • Ice pack (15) • Dark room (3)	MEDICATIONS • Ibuprofen (4)		

Episodes (18)

DATE	ISSUE	INTENSITY	REGIONS	DETAILS
Oct 2, 2026, 3:54 PM	Left knee	7	Patella left	Aching Symptoms: Stiffness Triggers: Stress Relief: Ice pack Meds: Ibuprofen Notes: Worse after stairs
Oct 1, 2026, 12:54 PM	Migraines	5	Forehead, Temple right	Throbbing Symptoms: Light sensitivity Triggers: Screen time Relief: Dark room
Sep 30, 2026, 4:54 AM	Left knee	5	Patella left	Aching Symptoms: Stiffness Triggers: Poor sleep Relief: Ice pack

DATE	ISSUE	INTENSITY	REGIONS	DETAILS
Sep 29, 2026, 12:54 PM	Migraines	6	Forehead, Temple right	Throbbing Symptoms: Light sensitivity Triggers: Screen time Relief: Dark room
Sep 28, 2026, 12:54 PM	Migraines	7	Forehead, Temple right	Throbbing Symptoms: Light sensitivity Triggers: Screen time Relief: Dark room
Sep 28, 2026, 4:54 AM	Left knee	4	Patella left	Aching Symptoms: Stiffness Triggers: Weather Relief: Ice pack
Sep 26, 2026, 3:54 PM	Left knee	8	Patella left	Aching Symptoms: Stiffness Triggers: Stress, Poor sleep Relief: Ice pack
Sep 24, 2026, 4:54 AM	Left knee	4	Patella left	Aching Symptoms: Stiffness Relief: Ice pack Meds: Ibuprofen
Sep 22, 2026, 4:54 AM	Left knee	8	Patella left	Aching Symptoms: Stiffness Triggers: Stress Relief: Ice pack
Sep 20, 2026, 3:54 PM	Left knee	4	Patella left	Aching Symptoms: Stiffness Triggers: Poor sleep Relief: Ice pack
Sep 18, 2026, 4:54 AM	Left knee	5	Patella left	Aching Symptoms: Stiffness Triggers: Weather Relief: Ice pack
Sep 16, 2026, 4:54 AM	Left knee	7	Patella left	Aching Symptoms: Stiffness Triggers: Stress, Poor sleep Relief: Ice pack Meds: Ibuprofen
Sep 14, 2026, 3:54 PM	Left knee	5	Patella left	Aching Symptoms: Stiffness Relief: Ice pack
Sep 12, 2026, 4:54 AM	Left knee	7	Patella left	Aching Symptoms: Stiffness Triggers: Stress Relief: Ice pack
Sep 10, 2026, 4:54 AM	Left knee	5	Patella left	Aching Symptoms: Stiffness Triggers: Poor sleep Relief: Ice pack

DATE	ISSUE	INTENSITY	REGIONS	DETAILS
Sep 8, 2026, 3:54 PM	Left knee	4	Patella left	Aching Symptoms: Stiffness Triggers: Weather Relief: Ice pack Meds: Ibuprofen
Sep 6, 2026, 4:54 AM	Left knee	8	Patella left	Aching Symptoms: Stiffness Triggers: Stress, Poor sleep Relief: Ice pack
Sep 4, 2026, 4:54 AM	Left knee	4	Patella left	Aching Symptoms: Stiffness Relief: Ice pack

Patient-reported data recorded in the PainSense app. Not a diagnosis.