



3) Now underline whatever applies to your additional complaints.

OPEN AIR, WEATHER, TEMPERATURE, WRAPPING UP

- open air: better / worse
- open air: desire for / aversion to
- cold weather: better / worse
- warm weather: better / worse
- wet weather: better / worse
- dry weather: better / worse
- cold in general, being exposed to: better / worse
- warmth in general: better / worse
- when getting cold: better / worse
- wrapping up warmly: better / worse
- uncovering: better / worse
- warm room: better / worse
- becoming warm in bed: better / worse
- during / after perspiration: better / worse
- wet compress on body: better / worse
- getting wet: worse
- draught / wind: worse
- getting hot / perspiring, want to uncover
- getting hot / perspiring, want to stay covered up

POSITION

- lying position: better / worse
- lying on back: better / worse
- lying on side: better / worse
- lying on painful side: better / worse
- sitting: better / worse
- sitting bent over: better / worse
- standing: better / worse
- bending over: better / worse
- muscles: flabby / tense

MOVEMENT, EXERCISE, REST

- movement: desire for / aversion to
- movement: better / worse
- moving affected parts: better / worse
- shaking head: better / worse
- stepping hard: better / worse
- walking: better / worse
- running (jogging): better / worse
- physical exercise: better / worse
- mental effort: better / worse
- resting: better / worse
- travelling (bouncing) in a vehicle: better / worse

SLEEP

- after lying down: better / worse
- while falling asleep: better / worse
- during sleep: better / worse
- while waking up: better / worse
- while / after getting up: better / worse

EATING, DRINKING, TALKING

- swallowing: better / worse
- during / after eating: better / worse
- cold food and drink: better / worse
- after drinking: better / worse
- cold water: better / worse
- thirst: thirsty / absence of thirst
- appetite: hunger / loss of appetite
- saliva: more / less
- talking: better / worse

SIGHT

- light (bright): better / worse
- darkness: better / worse
- pupils: dilated / contracted
- looking intensely: better / worse
- reading: better / worse

SENSATION

- touch: better / worse
- external pressure: better / worse
- rubbing: better / worse
- sneezing: better / worse
- smell: lost / weak / diminished / hypersensitive

SIDE

- side in general: left / right
- inside of head: left / right
- outside of head: left / right
- face: left / right
- eye: left / right
- nose: left / right
- ear: left / right
- mouth: left / right
- teeth: left / right
- neck: left / right
- chest: left / right
- upper abdomen: left / right
- inside abdomen: left / right
- groin (thigh crease): left / right
- genitals: left / right
- arm: left / right
- leg: left / right