

This is Sandy's pain diary. The "pain days" have been colored red, and the "pain-free" days have been colored green. After the neuromuscular orthotic appliance (similar to a retainer) was delivered to the patient, all headache pain and ear pain disappeared.

## March 17 – April 27, 2002 – Headache and Pain Diary - Sandy

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>March 17</b> Moderate/Severe Headache	<b>March 18</b> Severe Muscle Spasm in R jaw w/ headache R side (relieved by TENS)	<b>March 19</b> R jaw Pain, R neck pain	<b>March 20</b> Woke with R earache and ear pain.	<b>March 21</b> No Pain	<b>March 22</b> Mild Headache	<b>March 23</b> Mild headache
<b>March 24</b> Woke with R earache and ear pain	<b>March 25</b> No Pain	<b>March 26</b> R side headaches radiating down neck.	<b>March 27</b> Headache across base of skull.	<b>March 28</b> Severe bilateral ear and back jaw pain. Back teeth very painful.	<b>March 29</b> Severe bilateral ear and back jaw pain. Back teeth very painful.	<b>March 30</b> Pain in front of ears.
<b>March 31</b> Mild Headache	<b>April 1</b> No Pain	<b>April 2</b> Pain in front of ears	<b>April 3</b> No Pain	<b>April 4</b> Severe Headache	<b>April 5</b> Severe Headache	<b>April 6</b> Moderate Headache
<b>April 7</b> Moderate Headache	<b>April 8</b> Neuromuscular orthotic delivered. No Pain	<b>April 9</b> No Pain	<b>April 10</b> No Pain	<b>April 11</b> No Pain	<b>April 12</b> No Pain	<b>April 13</b> No Pain
<b>April 14</b> No Pain	<b>April 15</b> No Pain	<b>April 16</b> No Pain	<b>April 17</b> No Pain	<b>April 18</b> No Pain	<b>April 19</b> No Pain	<b>April 20</b> No Pain
<b>April 21</b> No Pain	<b>April 22</b> No Pain	<b>April 23</b> No Pain	<b>April 24</b> No Pain	<b>April 25</b> No Pain	<b>April 26</b> No Pain	<b>April 27</b> No Pain