

Nerve symptom observation log

Record changes without turning symptoms into a self-diagnosis.

01 / Understand the starting point

Describe sensations in ordinary words: tingling, burning, numbness or radiating discomfort. Separate what you feel from what you think the cause might be.

02 / Make the useful distinction

Record timing and normal activities associated with changes. Do not repeatedly provoke symptoms with nerve tension tests to fill in a worksheet.

03 / Put it into practice

Track new weakness, hand dexterity, walking and the spread of symptoms. These changes can matter more than a numerical pain rating and warrant suitable review.

04 / Review and adapt

Back or leg symptoms with new bladder or bowel dysfunction, saddle numbness or severe worsening symptoms in both legs need emergency assessment. Use the clinical guide for warning signs and local emergency services.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Observation: tingling after prolonged elbow leaning, settles when the position changes; grip feels unchanged. This is information for assessment, not proof of cubital tunnel syndrome.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Date and region	Sensation	Activity / position	Function or weakness	Review / next action

Evidence and original clinical reading

<https://www.nhs.uk/conditions/sciatica/>

This original workbook is free to keep and use. The source provides background reading; examples are practical frameworks to adapt. Individual medical and nutrition needs require suitable professional advice.