



**east greenwich**  
**spine & sport**

Matthew J. Smith, MD  
George Pasquarello, DO, FAAO  
Claudia A. Wheeler, DO  
Athina T. Giovanis, DO  
Sarah L. Congleton, MS, RNP

Date & Time	Pain from 1-10/10	Comments
DAY 1		
Dinner		
Bedtime		
DAY 2		
Breakfast		
Lunch		
Dinner		
Bedtime		
DAY 3		
Breakfast		
Lunch		
Dinner		
Bedtime		