

## Pain Scale

Pain Severity	Description of Daily Functioning	Pain Severity Rating & Description of Pain
<b>Mild Pain</b>	<ul style="list-style-type: none"> <li>• No interference with daily function</li> </ul>	<ul style="list-style-type: none"> <li>• <i>1</i> <ul style="list-style-type: none"> <li>○ Pain is mild</li> <li>○ Pain is barely noticeable</li> </ul> </li> <li>• <i>2</i> <ul style="list-style-type: none"> <li>○ Minor pain with occasional stronger twinges</li> <li>○ Annoying</li> </ul> </li> <li>• <i>3</i> <ul style="list-style-type: none"> <li>○ Pain is noticeable</li> <li>○ Distracting</li> <li>○ Able to function</li> </ul> </li> </ul>
<b>Moderate</b>	<ul style="list-style-type: none"> <li>• Interferes with daily function</li> </ul>	<ul style="list-style-type: none"> <li>• <i>4</i> <ul style="list-style-type: none"> <li>○ Can ignore pain if involved with an activity but pain is distracting</li> </ul> </li> <li>• <i>5</i> <ul style="list-style-type: none"> <li>○ Moderately strong</li> <li>○ Cannot be ignored for more than a few minutes</li> <li>○ Can continue to function/work</li> </ul> </li> <li>• <i>6</i> <ul style="list-style-type: none"> <li>○ Moderately strong pain</li> <li>○ Interferes with daily activities &amp; difficulty concentrating.</li> </ul> </li> </ul>
<b>Severe</b>	<ul style="list-style-type: none"> <li>• Disabling</li> <li>• Cannot function in daily activities</li> </ul>	<ul style="list-style-type: none"> <li>• <i>7</i> <ul style="list-style-type: none"> <li>○ Severe pain</li> <li>○ Limits your ability to perform normal daily activities, or maintain relationships</li> <li>○ Interferes with sleep</li> </ul> </li> <li>• <i>8</i> <ul style="list-style-type: none"> <li>○ Intense pain.</li> <li>○ Physical activity is severely limited.</li> <li>○ Conversing requires great effort.</li> </ul> </li> <li>• <i>9</i> <ul style="list-style-type: none"> <li>○ Excruciating pain.</li> <li>○ Unable to converse and crying out and/or moaning uncontrollably.</li> </ul> </li> <li>• <i>10</i> <ul style="list-style-type: none"> <li>○ Unspeakable pain.</li> <li>○ Bedridden and possibly delirious</li> <li>○ Rare</li> </ul> </li> </ul>