

PAIN SCALE



- 0** = No Pain
- 1** = You are slightly uncomfortable. Occasional minor twinges. No medicine needed.
- 2** = Pain is a minor bother. No medicine needed.
- 3** = Pain is annoying enough to be distracting. Mild painkillers like Aspirin or Tylenol help.
- 4** = Pain can be ignored if you are really involved; it is still distracting. Mild painkillers help for 3-4 hours.
- 5** = Pain can't be ignored for more than 30 minutes. Mild painkillers help for 3-4 hours.
- 6** = Pain can't be ignored, but you can still work. Stronger narcotic painkillers help for 3-4 hours.
- 7** = It is hard to concentrate. Pain bothers sleep. You can still function. Painkillers only help some.
- 8** = Your activity is limited a lot. You can read and talk with effort. Nausea and dizziness are part of the pain.
- 9** = You are unable to speak. You are crying out or moaning.
- 10** = You are unconscious. Pain makes you pass out.

