

Pain Intensity Instruction Sheet

Patient: Be certain to read the following pain categories and indicate which level best represents how severe your current pain level is relative to your ability to perform activity. If you do not understand these instructions be sure to ask the Doctor.

Pain Intensity	None	Mild			Moderate				Severe		
Pain Level	0	1	2	3	4	5	6	7	8	9	10
Pain level and the effect that pain has on your ability to perform certain activities.	No Pain	Pain level is only annoying. Able to perform all home, work, sports, and recreational activities.			Pain level now causes you to slow down. You are able to do activities at home and work, but they take you longer to do or you need to take breaks. May be unable to do demanding activities.				Pain level prohibits your ability to perform some personal activities. You are unable to perform certain job activities. You have some difficulty sleeping.		
How does the pain feel?	No Pain	Ache, Dull Soreness, Stiffness			Hurting Pain, Very Sore, Limited Motion				Sharp Pain, Stabbing Pain, Jabbing Pain		
Level	None	Mild			Moderate				Severe		

A Level 10 Pain Is Equal To The Most Severe Pain You Have Ever Had!

A 10 level pain equates to having a baby pain or having the most severe toothache or kidney stone type of pain!