



Pain Scale Chart

0-No Pain I have no pain.

1-Very Mild Pain My pain is hardly noticeable.

2-Mild Pain I have a low level of pain. I am aware only when I pay attention to it.

3-Moderate Pain My pain bothers me but I can ignore it most of the time.

4-Moderate to Severe Pain
I am constantly aware of my pain but I can continue most activities.

5-Severe Pain I think about my pain most of the time.
I'm unable to do some of my activities.

6-Intense Pain
I am in pain all the time and need help with most of my daily activities.

7-Very Intense Pain
My pain is very intense and I am unable to do my daily activities.

8-Excruciating Pain
My pain is so severe that it's hard to think of anything else.

9-Unbearable Pain
My pain is all I can think about. I can barely move or talk.

10-Worst Possible Pain
My pain is so bad I think I need to go to the hospital.