

PAIN SCALE

- 0 - I have no pain
- 1 - I barely notice my pain
- 2 - It's not a bother
- 3 - It is there but I can control it
- 4 - My pain is starting to impinge on my daily activities
- 5 - My pain isn't constant and I can't get relief
- 6 - My pain is constant and I can't get relief
- 7 - My pain consumes me
- 8 - It's REALLY bad
- 9 - I'd like to lose consciousness right now!
- 10 - I am in the worst pain imaginable

1 _____ 10