

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
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PAIN LEVEL	0	1	2	3	4	5	6	7	8	9	10
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PAIN LEVEL AND THE EFFECT THAT PAIN HAS ON YOUR ABILITY TO PERFORM ACTIVITY	No Pain	Annoying Pain Level Only. Able to Perform All Home, Work, Sport, and Recreational Activities.	Pain Levels Now Cause 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. Difficult to Do Demanding Activities.	Pain Levels Must Prohibit Your Ability to Perform Some Activities. You Must have Some Inability to Do Easier Activities. Must 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	****	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!