## Pain Scale

	10	Worst Pain Possible     Unbearable     Unable to do any activities because of pain and unable to verbally communicate because of pain
Hurts Worst	9	Intense, Dreadful
Hurts Whole Lot	7	Horrible Unable to do most activities because of pain; unable to use telephone, watch TV or read —
( <u>§</u> )	6	Miserable Distressing Unable to do some activities because of pain
Hurts Even More	5	but can use the telephone, watch TV or read
( <u>\$</u>	4	Nagging Pain Uncomfortable Troublesome
Hurts Little More	3	Can do most activities with rest periods
(3)	2	Mild Pain Annoying Pain is present but does not limit activity
Hurts Little Bit	1	
	0	— No Pain

This information is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.