












PAIN SCALE

Not Well Controlled	Severe Unable to do normal activities - hard or unable to think, talk, or move or do activities (examples: bathing, dressing, eating) - hard or unable to enjoy life because of pain	10 	Worst Possible
		9 	Severe
		8 	Intense
		7 	Strong
Well Controlled	Medium / Moderate Hard to do normal activities - able to do normal activities, but pain is often there with work, housework, socializing, and hobbies	6 	Nagging / Distressing
		5 	Annoying / Distracting
		4 	Moderate
		3 	Uncomfortable
	Mild Able to do normal activities - pain is hardly there or can be ignored	2 	Mild
		1 	Slight
		0 	No Pain

*This pain scale is intended to be used with verbal/adult patients. It has been adapted with permission from Geisinger's Pain Scale