

PAIN SCALE 0-10:

- 0 PAIN FREE**
- 1 VERY MINOR ANNOYANCE; OCCASIONAL MINOR TWINGES.**
- 2 MINOR ANNOYANCE; OCCASIONAL STRONG TWINGES.**
- 3 ANNOYING ENOUGH TO BE DISTRACTING.**
- 4 CAN BE IGNORED IF YOU ARE REALLY INVOLVED IN YOUR WORK, BUT STILL DISTRACTING.**
- 5 CAN'T BE IGNORED FOR MORE THAN 30 MINUTES.**
- 6 CAN'T BE IGNORED FOR ANY LENGTH OF TIME, BUT YOU CAN STILL GO TO WORK AND PARTICIPATE IN SOCIAL ACTIVITIES.**
- 7 MAKES IT DIFFICULT TO CONCENTRATE, INTERFERES WITH SLEEP. YOU CAN STILL FUNCTION WITH EFFORT.**
- 8 PHYSICAL ACTIVITY SEVERELY LIMITED. YOU CAN READ AND CONVERSE WITH EFFORT. NAUSEA AND DIZZINESS SET IN AS FACTORS OF PAIN.**
- 9 UNABLE TO SPEAK. CRYING OUT OR MOANING UNCONTROLLABLY; NEAR DELIRIUM.**
- 10 UNCONSCIOUS. PAIN MAKES YOU PASS OUT.**