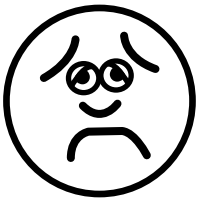
Pain Rating Scale

Hurts Worse

10- Worst Pain Possible
Unbearable
(Unable to do any activities because of pain)

9

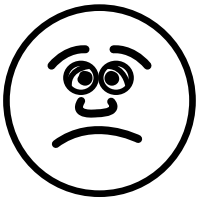
Hurts Whole Lot



8- Intense/Dreadful/Horrible
(Unable to do most activities because of pain)

7- Severe Pain

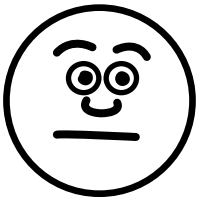
Hurts Even More



6- Miserable/Distressing
(Unable to do some activities because of pain)

5- Moderate Pain

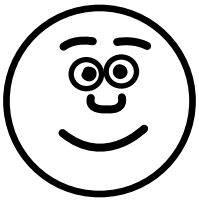
Hurts Little Worse



4- Nagging/Uncomfortable
(Can do most activities with rest periods)

3

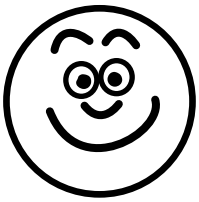
Hurts Little Bit



2- Mild Pain
Annoying
(Pain is present but does not limit activity)

1

No Hurt



0- No Pain