

PAIN SCALE RATING 0 TO 10

1) What is your current level of pain on a scale from 0 to 10, with 0 being no pain and 10 being the worst pain?

Current Pain Level	~~~~~	No Pain	0	1	2	3	4	5	6	7	8	9	10	Worst Pain
Best Pain Level	~~~~~	No Pain	0	1	2	3	4	5	6	7	8	9	10	Worst Pain
Worst Pain Level	~~~~~	No Pain	0	1	2	3	4	5	6	7	8	9	10	Worst Pain

Please shade, mark in on the body diagram exactly where you are having trouble. You may make notes of pain, weakness, numbness, tingling, burning, aching, sharp, dull, shooting, throbbing, heavy etc...

