

Pain Scale Chart

0 - No Pain

- No discomfort or pain is present
 - Completely at ease

1 - Very Mild Pain

- Barely noticeable pain
- No interference with daily activities

2 - Mild Pain

- Minor discomforts
- It can be easily ignored during daily activities

3 - Moderate Pain

- Uncomfortable pain that may cause some distraction
- Can still perform most daily activities but with some difficulty

4 - Moderate to Severe Pain

- Pain that starts to interfere with daily activities
- May need over-the-counter pain medication for relief

5 - Severe Pain

- Pain that significantly impacts daily activities
- Over-the-counter pain medication may not be enough, and rest is often needed

6 - Intense Pain

- Very strong pain that may cause an inability to concentrate on tasks
 - Prescription pain medication may be required

7 - Very Intense Pain

- Pain that is nearly unbearable
- Prescription pain medication and medical intervention are typically needed

8 - Excruciating Pain

- Pain is so intense that it is difficult to think or communicate
 - Requires immediate medical attention

9 - Unbearable Pain

- Pain that feels all-consuming and impossible to tolerate
 - Immediate medical intervention is necessary

10 - Worst Possible Pain

- Pain that is beyond imagination
- Requires urgent medical care and treatment

Notes: