

Pain Assessment

Pain Intensity

I can tolerate the pain without pain killers
The pain is bad, but no pain killers
Pain killers give complete relief
Pain killers give moderate relief
Pain killers give me little relief
Pain killers offer no relief

Personal Care

I care for myself with no pain
I care for myself normally, but with pain
It is painful to care for myself
I need minimal help for self care
I need help for most aspects of care
I do not get dressed and wash with difficulty

Lifting

I can lift heavy weights without extra pain
I can lift weights, but with extra pain
Pain prevents me from heavy lifting
I can lift only if moderate and convenient
I can lift only very light weights
I can not lift at all

Walking

Pain does not limit my walking
Pain prevents me from walking 1 mile
Pain prevents me from walking ½ mile
Pain prevents me from walking ¼ mile
I can only walk with a cane or support
I am in bed most of the time

Sitting

I can sit in any chair as long as I like
I can sit in my favorite chair as long as I like
Pain prevents me from sitting more than 1 hr
Pain prevents me from sitting more than ½ hr
Pain prevents me from sitting more than 10 min
Pain prevents me from sitting at all

Standing

I can stand as long as I want without pain
I can stand as long as I want with pain
Pain prevents me from standing more than 1 hr
Pain prevents me from standing more than ½ hr
Pain prevents me from standing more than 10 min
Pain prevents me from standing at all

Sleeping

Pain does not prevent sleep
I sleep with the help of tablets
I sleep less than 6 hr, with tablets
I sleep less than 4 hr, with tablets
I sleep less than 2 hr, with tablets
Pain prevents me from sleeping at all

Recreational Activities

I have normal activities without pain
I have normal activities with some pain
I have near normal activity, with pain
Activities are severely restricted by pain
Activities are nearly absent because of pain
Pain prevent any activities

Social Life

My social life is normal without pain
My social life is normal with mild pain
Pain limits my active social life
Pain restricts my social life
Pain has restricted my social life to my house
I have no social life because of pain

Traveling

I can travel anywhere without pain
I can travel anywhere with minor pain
Pain is bad, but I manage journeys over 2 hr
Pain restricts me to journeys of less than 1 hr
Pain restricts me to short journeys under ½ hr
Pain restricts me from traveling at all

Personal Pain Scale: 0 1 2 3 4 5 6 7 8 9 10