

# THE PAIN SCALE

You have likely been asked to rate your pain on a scale from "1-10". But what do the numbers mean? This pain scale is designed to allow us to understand how much your pain is affecting your ability to manage your daily activities and function.



	<b>1</b>	<b>Non-disabling</b> Tolerable pain that <b>does not prevent</b> completion of daily activities
	<b>2</b>	<b><i>Between 1 and 3</i></b>
	<b>3</b>	<b>Somewhat disabling</b> Tolerable pain that prevents completion of <b>some</b> daily activities
	<b>4</b>	<b><i>Between 3 and 5</i></b>
	<b>5</b>	<b>Disabling</b> Non-Tolerable pain that prevents completion of <b>most</b> daily activities
	<b>6</b>	<b><i>Between 5 and 7</i></b>
	<b>7</b>	<b>Severely Disabling</b> Pain that causes <b>tearfulness</b> or prevents completion of <b>all</b> daily activities
	<b>8</b>	<b>Intensely Disabling</b> Pain that <b>requires lying down</b>
	<b>9</b>	<b>Excruciating and Unbearable</b> Disabling pain that <b>requires lying down</b> and <b>inability to speak or converse</b>
	<b>10</b>	<b>Completely Incapacitated</b> Requires immediate hospitalization

**0** = No pain

**bostonpaincare**