1. Where is your pain? (Indicate on body map)

2. How long have you been in pain?
   - < 6 months
   - 6-12 Months
   - 12-24 Months
   - > 24 Months

3. How bad is your pain? (1 = Faint, 10 = Debilitating)
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6
   - 7
   - 8
   - 9
   - 10

4. Which treatments have you tried to manage your pain?
   - Massage/Chiropractic
   - OTC Medications
   - Prescription Medications
   - Physical Therapy
   - Spinal Cord Stimulator
   - Surgery
   - Other: ______________________

5. Which activities are inhibited by your pain?
   - Eating
   - Hygiene
   - Chores
   - Sleep
   - Work
   - Travel
   - Labor
   - Exercise
   - Relationships
   - Romance

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**No Pain**

**Mild Pain Level / Pain Score:**
Does not interfere with most activities and is easy to manage both physically and psychologically. You can adapt to these levels of pain with low doses of medication (e.g., acetaminophen), dietary changes, or bed rest.

**Examples:**
- Muscle sprain or strain
- Muscle cramps

**Uncomfortable Pain Level/Pain Score**
Interferes with many activities of daily living and requires changes to daily lifestyle to manage pain symptoms. Migraine pain is more noticeable and it becomes increasingly important to seek treatments.

**Examples**
- Extreme fatigue and body soreness
- Hypertension
- Hormone-related headache
- Moderate migraine

**Moderate Pain**
Uncomfortable but tolerable level of pain in your head that is noticeable but easy to forget or ignore over time. You are able to continue daily activities and your quality of life is not yet impacted.

**Severe Pain Level/Pain Score**
At this stage you are no longer able to engage in normal activities and seeking support from a caregiver, stronger medications to help improve your ability to function independently.

**Examples**
- Fatal drop in serotonin
- Severe migraine headache
- Severe temple pain
- Whiplash
- Wry neck

**Unmanageable Pain**
Your pain is so intense that you can no longer think clearly and are experiencing personality changes. Your head and neck are experiencing shooting pain that results in numbness, tingling, and extreme discomfort where it impedes your ability to be mobile and active.

**Severe Pain**
This level of excruciating pain is so intense that you are unable to tolerate the level of pain and are seeking stronger medications and emergency psychological intervention to manage the pain.

**Debilitating Pain**
This unimaginable level is so intense you may go unconscious. This type of pain is likely incurred during a severe accident (e.g., head injury) and your body is unable to recover on its own. Emergency treatment is needed.

---

**EXPRESS YOUR MIGRAINE PAIN**

<table>
<thead>
<tr>
<th>Pain Level</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>NO PAIN</td>
</tr>
<tr>
<td>1</td>
<td>FAINT PAIN</td>
</tr>
<tr>
<td>2</td>
<td>MILD PAIN</td>
</tr>
<tr>
<td>3</td>
<td>MODERATE PAIN</td>
</tr>
<tr>
<td>4</td>
<td>UNCOMFORTABLE PAIN</td>
</tr>
<tr>
<td>5</td>
<td>DISTRACTING PAIN</td>
</tr>
<tr>
<td>6</td>
<td>DISTRESSING PAIN</td>
</tr>
<tr>
<td>7</td>
<td>INTENSE PAIN</td>
</tr>
<tr>
<td>8</td>
<td>UNMANAGEABLE PAIN</td>
</tr>
<tr>
<td>9</td>
<td>SEVERE PAIN</td>
</tr>
<tr>
<td>10</td>
<td>DEBILITATING PAIN</td>
</tr>
</tbody>
</table>

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