



BROSTROM PHYSICAL THERAPY

SPINE AND EXTREMITY INSTITUTE OF SOUTH LYON, LLC

Comparative Pain Scale

	0	No pain. Feeling perfectly normal.
Minor	1 Very Mild	Very light barely noticeable pain, like a mosquito bite or a poison ivy itch. Most of the time you never think about the pain.
	2 Discomfort	Minor pain, like lightly pinching the fold of skin between the thumb and first finger with the other hand, using the fingernails.
	3 Mild	Very noticeable pain, like an accidental cut, a blow to the nose causing a bloody nose, or a doctor giving you an injection. The pain is not so strong that you cannot get used to it. After a few minutes, you stop noticing the pain.
Moderate	4 Persistent	Strong, deep pain, like a toothache, the initial pain from a bee sting, or when you stub your toe. Pain is strong enough that you notice the pain more consistently. The pain is initially piercing or sharp but becomes duller after that.
	5 Distressing	Strong, deep, piercing pain, such as a sprained ankle when you stand on it wrong. Not only do you notice the pain all the time, but you are also now so preoccupied with managing it that your normal lifestyle is altered.
	6 Serious	When you experience this pain, it can feel intense and may affect your ability to think clearly. It might make it difficult for you to focus or have regular interactions with others. It can be similar to having a severe headache or having significant back pain.
Severe	7 Intense	When you experience this level of pain, it takes over your senses and makes it difficult for you to think clearly for about half of the time. It can lead to significant limitations in your daily life, to the point where you may require changes in your daily routine and assistance with daily tasks. This level of pain can be similar to experiencing a migraine headache.
	8 Severe	When the pain reaches this level, it becomes so intense that you are unable to think clearly at all. If this intense pain persists for a long time, it can lead to changes in your personality. This level of pain can be likened to the pain experienced while passing a kidney stone or a very severe migraine headache.
	9 Very Severe	When the pain becomes extremely intense and you may seek medication or surgery for relief, despite the potential side effects or risks involved. Without being addressed, this pain may lead to a significant loss of joy in life, and depression or other mood changes are common. This level of pain can be compared to the pain of a serious bone fracture or cancer pain.
	10 Excruciating	When the pain reaches an extremely intense level, it can feel as though you are about to faint or lose consciousness shortly afterward. This level of pain is rare. Those who have endured a severe accident or injury may have experienced this level of pain.