

# 1-10 PAIN SCALE



10	Excruciating Pain	<b>Cannot function</b> - excruciatingly painful excruciating, unbearable, torturing, crushing
9		
8	Severe Pain	<b>Interferes with basic needs</b> - very painful intense, dreadful, horrible, vicious, cramping
7		
6	Moderate Pain	<b>Interferes with concentration</b> - painful distressing, miserable, agonising, gnawing
5		
4	Moderate Pain	<b>Interferes with tasks</b> - mildly painful discomforting, troublesome, nauseating, gruelling, numbing
3		
2	Mild Pain	<b>Can be ignored</b> - bearable mild pain, annoying, nagging
1		
0	No pain	

Various descriptives compiled from a variety of medical sources  
by **Elle and the Auto Gnome** (trained researcher and expert patient with CRPS)  
to help patients and doctors communicate pain information.