10 Unable to Move: I am in bed and can't move due to pain. I need someone to take me to the emergency room

9 Severe: My pain is all that I can think about. I can barely talk or move because of the pain.

8 Intense: My pain is so severe that it is hard to think of anything else. Talking and listening are difficult

7 Unmanageable: I am in pain all the time. It keeps me from doing most activities.

6 Distressing: I think about my pain all the time. I give up many activities because of my pain.

5 Distracting: I think about pain most of the time. I cannot do some of the activities I need to do each day

4 Moderate: I am constantly aware of my pain, but I can continue most activities.

3 Uncomfortable My pain bothers me, but I can ignore it most of the time

2 Mild: Low level of pain. I am aware of my pain only when I pay attention to it

1 Minimal: My pain is hardly noticeable

0 No Pain: I have no pain