

Pain Level Chart

You can describe your pain to the healthcare provider using any of the choices given below:

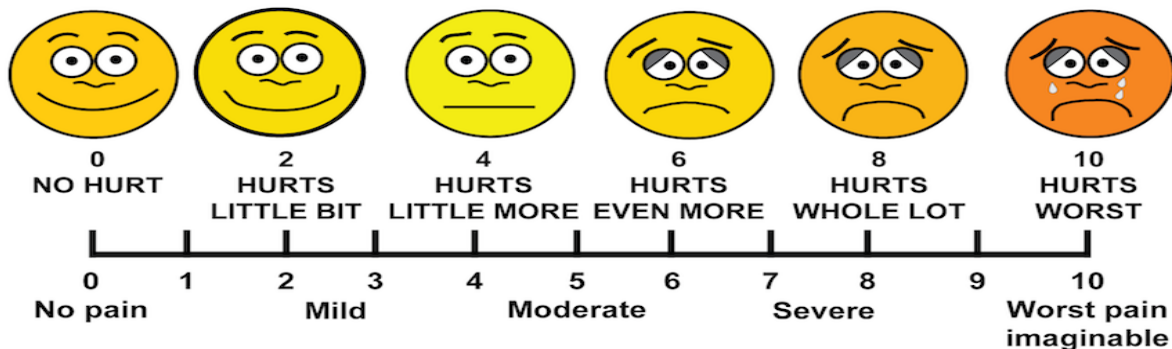
Type of pain (Tick as applicable)

- Throbbing
- Stabbing
- Dull
- Aching
- Pinching
- Steady
- Localized
- Pervasive
- Chronic (persistent)
- Acute (in the moment)

Other comments / Notes: _____

Use the chart below to estimate your pain level

PAIN MEASUREMENT SCALE



Other comments/Notes: (Include details on time when you felt the pain as well as activities that triggered the pain.)