



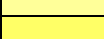




















PAIN INVENTORY SHEET

Patients are frequently asked to rate their pain on a scale from one to ten. There may be a smiley face chart to go by. This is a measurement of how much the pain affects your ability to function.

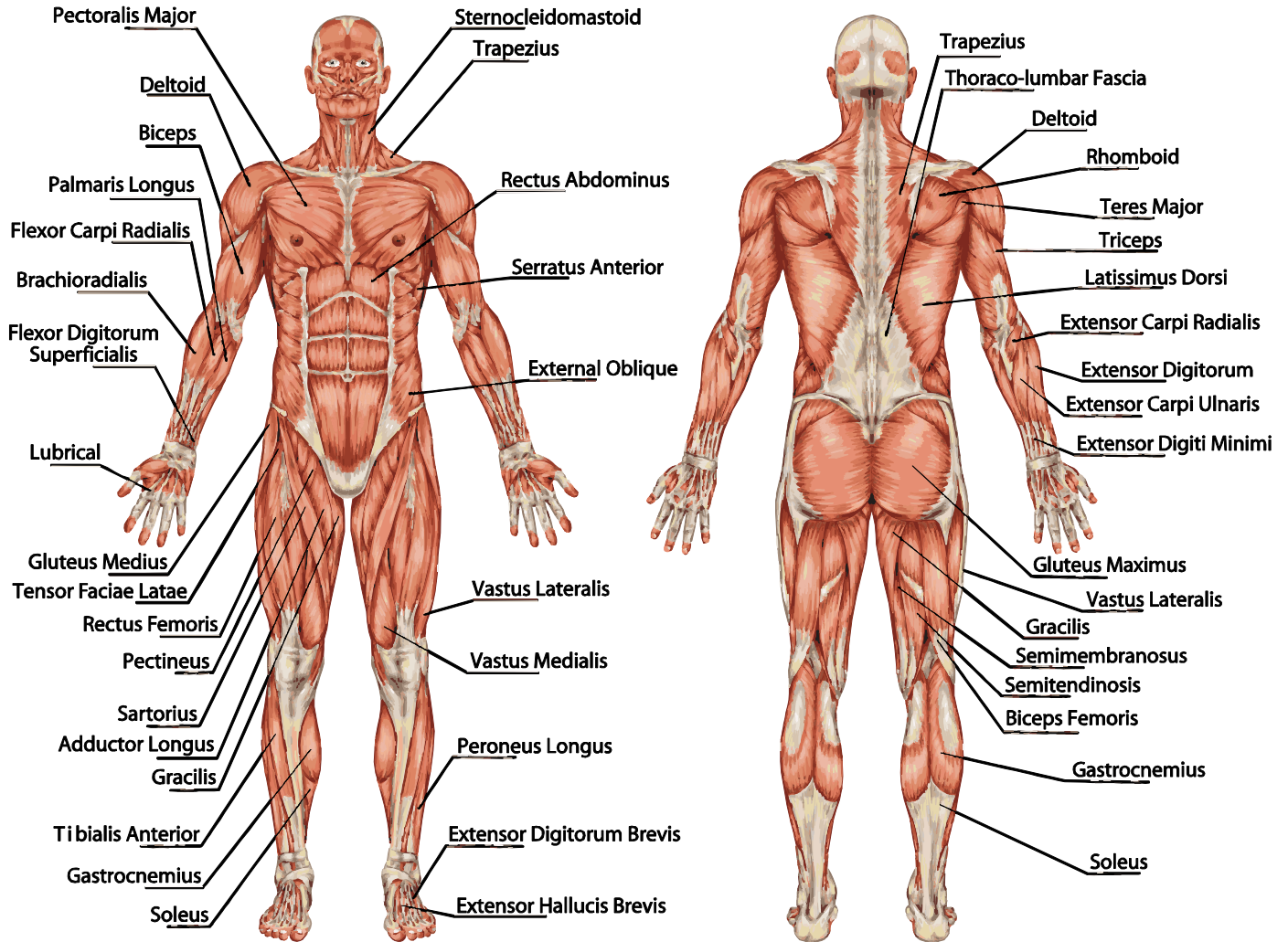
Level	Degree		Description	With Meds	Without Meds
0	None		I feel no pain.		
1	Vague		I can easily ignore the pain.		
2	Mild		The pain is distracting, but I can function and sleep.		
3	Moderate		It is harder to ignore the pain, but I can function and sleep.		
4	Challenging		The pain mildly limits my ability to function and sleep.		
5	Difficult		The pain moderately limits my ability to function and interrupts my sleep. Anxiety is mild.		
6	Strong		The pain severely limits my ability to function and sleep. Anxiety is moderate.		
7	Severe		The pain overrides my ability to function and sleep. I can't think about anything else.		
8	Intense		I cannot function or sleep on any level. Anxiety is high. Pulse is fast.		
9	Excruciating		I cry and groan involuntarily. It is difficult to breathe and pulse is fast.		
10	Unbearable		I cannot cope and desperately need it to end. It is accompanied by sweating, nausea, fast pulse, and hyperventilation.		

How Does It Hurt?

√		My Pain is	The type and quality of pain can point to the source.
		Sudden	It [] was, [] was not precipitated by an inciting event such as injury, movement, fall, etc.
		Acute	It has not lasted longer than six months.
		Chronic	My pain has lasted more than six months.
		Dull	A constant, spread out pain.
		Sharp	Focused, stabbing pain.
		Localized	It hurts only when I [] move, [] put pressure on it, [] rest my weight on it.
		Radiating	Originating in one area and spreading out from it.
		Referred	Arises in one area and spreads to another, confusing the source, such as heart attack pain felt in the arm or shoulder.
		Throbbing	This can be caused by increased blood flow due to widening of blood vessels or because of an increase in blood flow through injured tissues.
		Neurogenic/Shooting	Neurogenic pain feels like burning, buzzing, electrical shock, shooting down arms or legs, or like an identifiable band of pain stretching from one point to another. It may be accompanied by pins and needles or numbness.
		Inflammatory	It is associated with tissue damage and the resulting inflammatory process. Area feels warm.
		Burning	Related to nerves, but can be caused by injury, natural wear and tear, chemical imbalances, infections, and autoimmune disorders.

Where Does it Hurt?

MUSCLES



DERMATOMES (NERVE ROOTS)

