Defense and Veterans Pain Rating Scale

No pain
Hardly notice pain
Notice pain, does not interfere with activities
Sometimes distracts me, can do usual activities
Distracts me, can do usual activities
Interrupts some activities
Hard to ignore, avoid usual activities
Focus of attention, prevents doing daily activities
Awful, hard to do anything
Can't bear the pain, unable to do anything
As bad as it could be, nothing else matters

0 1 2 3 4 5 6 7 8 9 10

MILD (Green)
MODERATE (Yellow)
SEVERE (Red)