

## Pain Scale and Body Chart

1. Please use the scale below to tell us how intense your pain is. Place an 'X' through the number that best describes the intensity of your pain **now**:

0	1	2	3	4	5	6	7	8	9	10
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**No pain** **The *most intense* pain sensation imaginable**

2. Please use the body chart below to help us understand the pain areas

Please draw on the picture where you feel pain or any other sensations (e.g. pins and needles).

Please describe below what the pain feels like (e.g. burning, tightness or discomfort, sharp, ache), please use symbols below if this helps

**Burning**

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==

**Tightness or discomfort**

oo  
oo

**Sharp**

xx  
xx

**Ache**

^^  
^^

