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

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 for example pins and needles

- Please describe below what the pain feels like e.g. sharp, aching, burning. Use symbols below if it helps

Burning	*Tightness or discomfort*	*Ache*
======	OOOOOOOOOO	XXXXX
======	OOOOOOOOOO	XXXXX