Physical Therapy

Pain Diagram

Please use the diagram below to shade in the areas where you are experiencing pain.

Please make an “X” at the position on the scale which indicates how much pain you are feeling.

At rest: 0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10
NO PAIN WORST PAIN IMAGINABLE

With activity: 0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10
NO PAIN WORST PAIN IMAGINABLE

At its worst: 0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10
NO PAIN WORST PAIN IMAGINABLE