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### MEDICAL PAIN SCALE 0-10

Have difficulty rating your pain levels when the physician, nurse, or therapist asks? You are not alone, many people aren't sure of the pain scale definition or how to rate their pain level scale between 1-10. The chart below provides some tangible examples of the various levels that define the 0-10 pain scale.

- 0 Pain free
- 1 Very minor annoyance-occasional minor twinges
- 2 Minor annoyance-occasional
- 3 Annoying enough to be distracting
- 4 Can be ignored if you are really involved in your work, but still distracting.
- 5 Can't be ignored for more than 30 minutes.
- 6 Can't be ignored for any length of time, but you can still go to work and participate in social activities.
- 7 Make it difficult to concentrate, interferes with sleep, you can still function with effort
- 8 Physical activity severely limited. You can read and converse with effort. Nausea and dizziness may occur.
- 9 Unable to speak, crying out or moaning uncontrollable- pain makes you pass out
- 10 Unconscious. Pain makes you pass out.

To better explain your pain levels to your physician, we have a free printable pain scale chart for your use. [Click here](#) to view a PDF of the Michigan Pain Measurement Scales.



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