



**Oklahoma Interventional Pain Specialists**  
**Jack E. Marshall, MD**

**PAIN SCALE**

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