
Numeric Pain Rating Scale

Please indicate the intensity of current, best, and worst pain levels over the past 24 hours on a scale of 0 (no pain) to 10 (worst pain imaginable).

Current Pain _____

Best Pain _____

Worst Pain _____

Average Score: _____

Interpretation

Cut-off score for average pain: Mild = 1-3, Moderate = 4-7, and Severe = 8-10.

Cut-off score for worst pain: Mild = 1-3, Moderate = 4-6, and Severe = 7-10.

Minimally Clinically Important Difference (MCID)

Minimal Detectable Change (MDC)

Chronic Musculoskeletal Pain: MCID = 1 point or 15% change.

Shoulder Pain: MCID = 2.2 points.

Chronic Pain (including fibromyalgia, diabetic neuropathy, post-herpetic neuralgia, chronic low back pain, and osteoarthritis): MCID = 1.7 points or 27.9% change.

Chronic Spinal Cord Injury: MCID = 1.8 points or 36% change.

Post-Operative: MCID = 35% reduction on the NPRS (minimal relief), 67% reduction on the NPRS (moderate relief), 70% reduction on the NPRS (much relief), 94% reduction on the NPRS (complete relief).

Hospital/ER: MCID = 1.3 points.

Brain Injury with Lower Back Pain: MCID = 1.5 points after 1 week of physical therapy; MCID = 2.2 points after 4 weeks of physical therapy; MDC (95% CI) = 2 points.

These are published values for specific populations and provide guidance if the patient does not have the listed condition.

Selected References

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