

Pain Level Chart

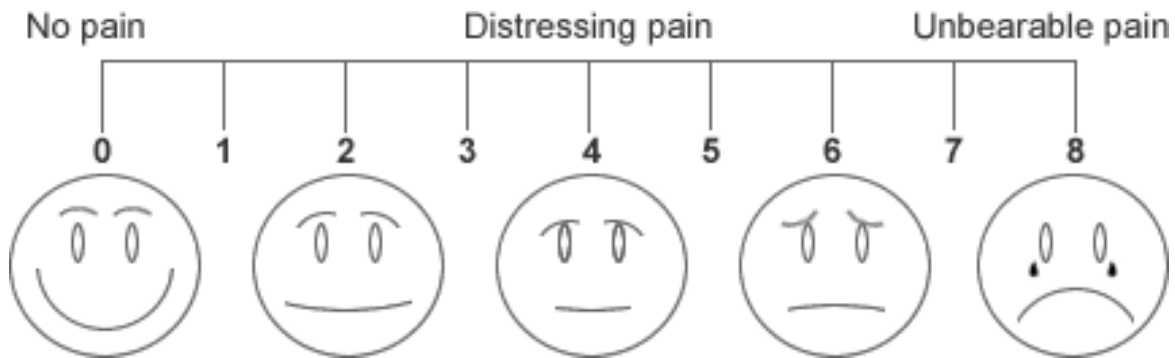
You can describe your pain to the healthcare provider using any of the choices given below:

Type of pain (Tick as applicable)

- ☐ Throbbing
- ☐ Stabbing
- ☐ Dull
- ☐ Aching
- ☐ Pinching
- ☐ Steady
- ☐ Localized
- ☐ Pervasive
- ☐ Chronic (persistent)
- ☐ Acute (in the moment)

Other comments / Notes: _____

Use the chart below to estimate your pain level



Other comments / Notes: (Include details on time when you felt the pain as well as activities that triggered the pain.)