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### PAIN SCALE

0. **Pain free** – no medication needed.
1. **Very mild pain** – you are aware of it but it doesn't bother you much.
2. **Mild pain** – you can tolerate it. It is a nuisance, but you rarely need any medicine (even aspirin or Tylenol).
3. **Mild to moderate pain** – you can tolerate it, but it is enough to be distracting. You need medicines (like Tylenol) once or twice a day.
4. **Moderate pain** – it is uncomfortable and requires medicine like Tylenol several times a day. You have to stop doing certain things like bending, sitting, and standing to control the pain.
5. **Intense moderate pain** – it is uncomfortable, medicines like Tylenol don't relieve all the pain. You need medicine from a doctor to relieve the pain. You have a hard time doing your daily work.
6. **Moderate to severe pain** – you begin to feel anti-social. You have difficulty just doing simple things. You have to rest part of the day even with medicine from the doctor. You are taking time off from work.
7. **Severe pain** – you are frequently anti-social. You have difficulty taking care of yourself even with medicine from the doctor. You spend most time resting. You can still function with effort. Strongest painkillers relieve pain.
8. **Very severe pain** – you have to stay in bed most of the time, even with medicine from the doctor, you have a hard time sleeping and can't get comfortable. You are unable to work.
9. **Extremely severe pain** – medicine the doctor gives you doesn't help. Staying in bed doesn't help. Physical activity is severely limited. Strongest painkillers are only partially effective.
10. **Worse pain imaginable** – crying out or moaning uncontrollably. If you can't get rid of the pain you would think of killing yourself.