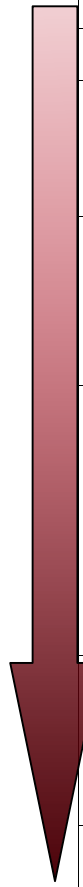


RIO Pain Scale™

Pain levels can be hard to describe. Here's a commonly used tool along with simple examples of what you may feel and do at each level of pain.

Print this out and take it with you to appointments so you and your health care professional will have the same basis to discuss and manage your pain.



Pain Level	Description	What You Feel	What You Do
0	No pain	Comfortable.	No conscious pain management.
1 2	Mild pain	You have pain but do not notice it while busy.	Normal activities and sleep. Light use of drugs or pain-managing strategies such as ice, rest, taping, stretching, massage.
3 4	Uncomfortable, nagging	You are aware of pain in the background even when you are busy.	You are engaging in normal activities and sleep, but have altered how you do them to avoid or manage pain. Routine use of mild drugs for pain.
5 6	Serious, distressing	Your pain requires as much attention as your other tasks and demands.	You have stopped some activities due to pain. Some Activities of Daily Living have been altered due to pain. Pain routinely disturbs your sleep. Routine use of mild drugs; occasional use of strong drugs for pain.
7 8	Intense	Your pain is in the foreground of everything you do.	You are no longer able to do many Activities of Daily Living. Pain makes sleep very difficult. Routine use of strong drugs for pain.
9 10	Unbearable	You are immobilized by pain.	Go to the Emergency Room.

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...immediate change that lasts...