

What's in a number?

How to rate your symptoms, 1 - 10

10 - Your pain is intense, constant, greatly restricts your activities, and it is impossible to go more than 5 minutes without awareness of the pain.

9 - Same as above, but you can forget about the pain up to 15 minutes at a time.

8 - The pain is significant, moderately intense at times, but not constant. Most activities are affected, you think about it once or twice an hour.

7 - Same as above, except that the pain is never intense.

6 - The pain is moderate yet too frequent to ignore. Some activities are affected. Hours can go by without being aware of the pain.

5 - Same as above, except that almost no activities are affected.

4 - The pain is little more than a nuisance, and you go through the whole day frequently aware, but never affected by it.

3 - Same as above, except that the awareness of the pain may be absent for a whole day at a time.

2 - At it's worst, the pain is best described as "a little uncomfortable". Days can go by without being aware of it.

1 - Same as above, except that the symptom does not recur more frequently than once a week.