

Redefining the 0-10 Pain Scale

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Redefining the 10:

Defining Your Pain Continuum

Above the line: Identify what you are able to do at a certain point on the continuum and mark that point.

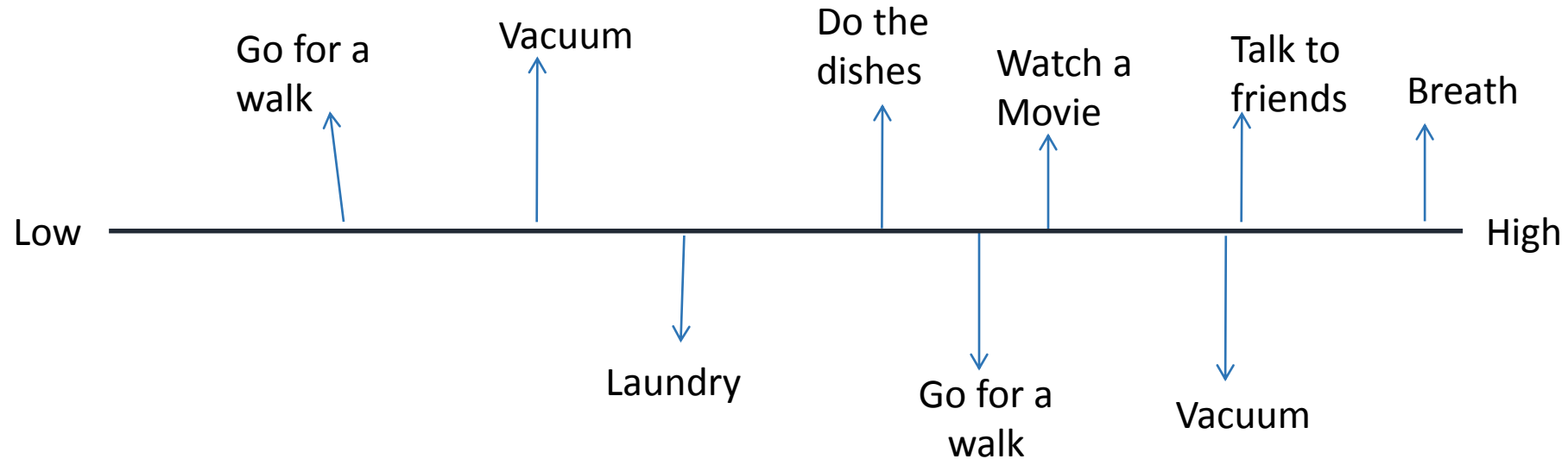
Low  High

Below the line: Identify what you are no longer able to do at a certain point on the continuum and mark that point.

Redefining the 10:

Defining Your Pain Continuum

Above this line: Identify what you are able to do at a certain point on the continuum and mark that point.



Below the line: Identify what you are no longer able to do at a certain point on the continuum and mark that point.

After the activities are added to the continuum, add the 0-10 scale back on with 0 at the lowest end and 10 at the highest end.