

Table 1.

Indiana Polyclinic Combined Pain Scale

Rate your pain according to the following scale

		Examples
0	No Pain	No pain 0
1	Unpleasant Sensation - An occasional uncomfortable feeling. Almost no limit to function	Mild skin irritation 1
2	Minimal - Pain frequently brought to one's attention but acceptable. Able to engage in pleasures of life with some interference. Causes to avoid rigorous activities.	Small bruise 2
3	Mild - Tolerable, but unsettling and on one's mind. Interferes with pleasures of life. Stops some productive activities.	Scraped knee, Jammed finger 3
4	Mild to Moderate - Only short intervals of comfortable function; sometimes interrupts Activities of Daily Living, such as bathing and clothing and regularly prevents involvement in many tasks outside of the home. Decrease in job performance.	Major bruise, Ankle sprain 4
5	Moderate - Pain constantly on one's mind; decrease in concentration, job performance and noticeably decreased enjoyment of life. Frequent missed work / time off. Cannot perform normal tasks without an increase in pain.	Moderate toothache, Headache for days 5
6	Moderate to Severe - Significant limitations of Activities of Daily Living; productive activity/work is nearly impossible. Hard to do anything, but think of pain and ER visit.	Day after major surgery pain 6
7	Severe - Difficulty doing more than basic chores; pain prevents productive activity. Frequent crying; pain is impossible to tolerate for long period of time without going to the ER.	Stabbed with a knife, Broken leg 7
8	Debilitating - Causes uncontrollable moaning and distress and completely impairs productive activity. Cannot be still, can't maintain a reasonable conversation. It is impossible to "put on a good face." Emergency medical attention is required.	Natural childbirth, Small kidney stone 8
9	Agonizing - Individual cannot function; uncontrolled screaming and tearfulness. Emergency medical attention is required and hospitalization is recommended.	Arm burning in a fire, Large kidney stone 9
10	Worst Imaginable - Paralyzing; person is in and out of consciousness and near death as a result of the pain. Emergency medical attention <i>and</i> hospitalization are required.	Being torn apart while still alive 10