

0 -10 PAIN SCALE

SINCE 2012 THE PURPLE
BUCKET FOUNDATION
CRPS Awareness & Support



The Wong-Baker Faces Pain Rating Scale was developed by Donna Wong and Connie Baker. The scale was originally developed for children to best describe their level of pain as they might not understand rating their pain on a scale of 0-10, but are able to understand the cartoon faces and emotions they represent, and point to the one that “best matches their level of pain”.

Although developed for children, the Faces Pain Scale is readily used along side the 0 -10 Pain Scale to assist people of all ages to rate their pain score.

	0 No Pain	I have no pain.
	1 Minimal	My pain is hardly noticeable.
	2 Mild	I have low level pain, which I am aware of if I pay attention to it.
	3 Uncomfortable	My pain bothers me but I am able to ignore it most of the time.
	4 Moderate	I am constantly aware of my pain but continue most activities.
	5 Distracting	I think about my pain all of the time and can't do some of my daily activities due to pain.
	6 Distressing	I think about my pain all of the time and give up many daily activities due to pain.
	7 Unmanageable	I am in pain all of the time, it keeps me from doing most activities.
	8 Intense	My pain is so severe it is hard to think about anything else. Talking and listening are difficult.
	9 Severe	My pain is all that I can think about. I can barely talk or move because of the pain.
	10 Can't move	I am in bed because of the pain and need to go to the hospital - please help.

