

## Functional Pain Scale with ADL's

Descriptor	Definition
No Pain (0)	No pain
Minimal (1)	Hardly noticeable/no impact on ADL's/sleep not affected and able to use passive distraction for comfort. Mild range order
Mild (2)	Noticeable when not distracted/no impact on ADL's/sleep only slightly affected and able to use both passive and active distraction for comfort. Mild range order
Uncomfortable (3)	Pain is present but can complete all ADL's/sleep is slightly affected and passive distraction only gives marginal relief. Mild range order
Moderate (4)	Constantly aware of pain but can complete ADLs with modification/sleep marginally affected at times/passive distraction is of no use, but active distraction gives some relief. Moderate range order
Distracting (5)	Aware of pain/able to complete some ADL's but limited by pain/sleep is affected and active distractions are only slightly useful. Moderate range order
Distressing (6)	Pain is present/unable to complete most ADLs limited by pain/sleep is difficult and active distraction is only marginal. Moderate range order
Unmanageable (7)	Pain interferes with normal ADL's/nothing seems to help/sleep is very difficult/active distractions are very difficult to concentrate on. Severe range order
Intense (8)	Cannot complete any ADLs without much assistance/cannot concentrate/conversation is difficult/unable to sleep and unable to use distraction. Severe range order
Severe (9)	Cannot do any ADL's even with assistance can barely talk/unable to sleep and unable to use distraction. Severe range order
Immobilizing (10)	Unable to move or talk due to intensity of pain/unable to sleep and unable to use distraction. Severe range order