

# Ottauquechee Physical Therapy

**Peter P. Mayock, PT**

442 East Woodstock Road, Unit 3 Woodstock, VT 05091

PH# (802)457-3215 Fax#(802)457-6118

## PAIN SCALE INDEX

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

1. **Where is your pain located?** \_\_\_\_\_

PAIN SCALE KEY: 0 = NONE 10= EXTREME

At your worst, what is your pain level? 0 1 2 3 4 5 6 7 8 9 10

At the present, what is your pain level? 0 1 2 3 4 5 6 7 8 9 10

At your best, what is your pain level? 0 1 2 3 4 5 6 7 8 9 10

2. **Pain Description** -please circle the best answer (SELECT ONE ANSWER)

- |              |                      |                     |
|--------------|----------------------|---------------------|
| a. Sharp     | e. Shooting          | i. Worse at night   |
| b. Dull/Achy | f. Numbness/tingling | j. Worse in morning |
| c. Throbbing | g. Constant          |                     |
| d. Burning   | h. Intermittent      |                     |

3. **What is your height?** \_\_\_\_\_ft **What is your weight?** \_\_\_\_\_lbs