



## Types of Pain



Dull



Constant but not  
overwhelming



Niggling



It is an irritating pain that  
is inconsistent



Stabbing



It is like a stitch when  
running



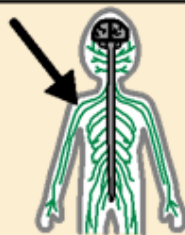
Sharp



It is a jaggy, sudden pain



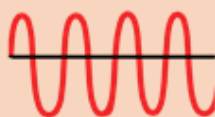
Shooting



Feels like it is travelling up  
or down suddenly



Waves



It is a big pain then it  
lessens then it becomes  
bigger again



Radiating



It starts in one aread of  
the body they travels to  
another part of the body

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## Pain Scale

1



feels like bumping into a mattress

2



feels like bumping into someone

3



feels like walking into a table

4



feels like falling and cutting knee

5



feels like blood being taken

6



feels like going over my ankle

7



feels like jamming finers in the door

8



feels like stubbing my toe

9

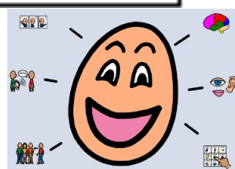


feels like period pain

10



beyond description





# Body Pain



Use this to help you to explain what your body experiences.



Start at your feet and move up. Use the questions to help you to describe the pain.



feet



ankles



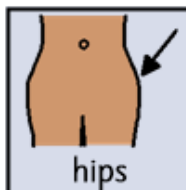
lower legs



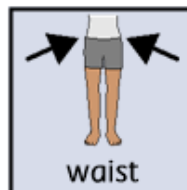
knees



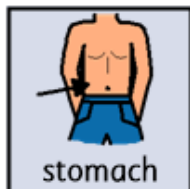
thigh



hips



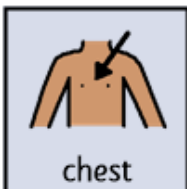
waist



stomach



back



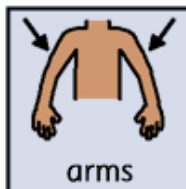
chest



shoulders



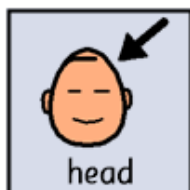
neck



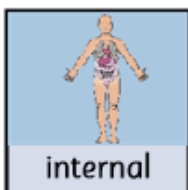
arms



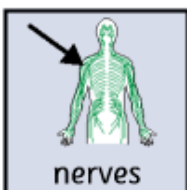
hands



head



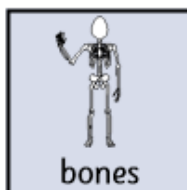
internal



nerves



muscles



bones



something else



How does it feel?



numb pain



tight



crushing



pulling



nerve pain



something else



How long does the pain last?



constant



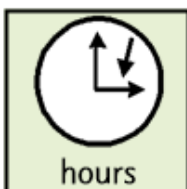
changeable



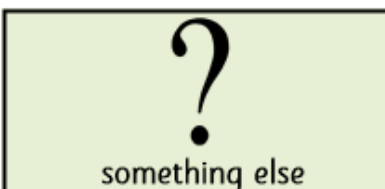
seconds



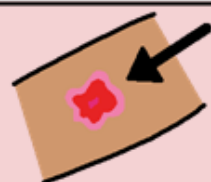
minutes



hours



something else



Is it bearable or unbearable?

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