



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

[facebook/YourBodyCanTalk](https://www.facebook.com/YourBodyCanTalk)

YourBodyCanTalk2@Gmail.com

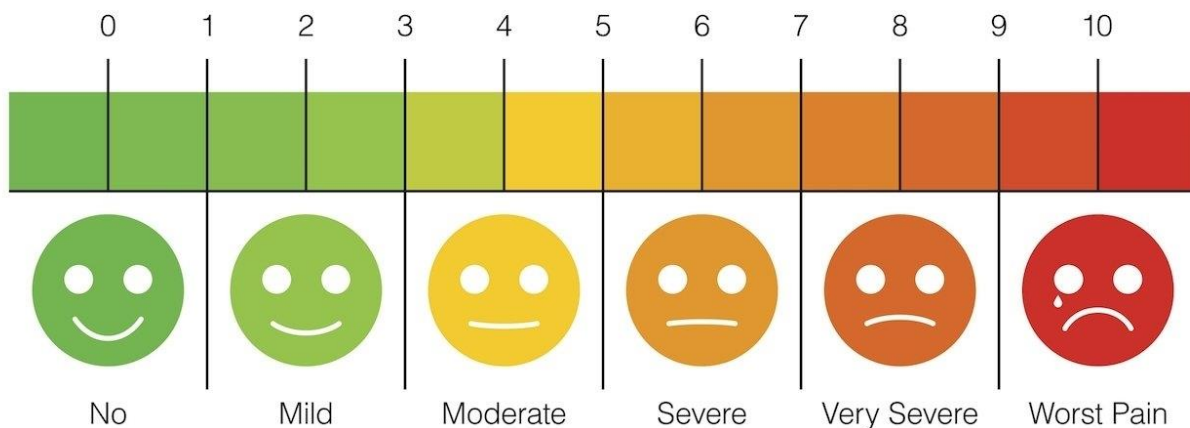
www.YourBodyCanTalk.com

Pain Scale

Pain is always personal. It's not enough to tell your doctor it hurts. You need to learn how to talk about pain: how it feels, how it rates on a pain scale, and how the pain affects you. Everyone feels pain differently. Think back to the worst pain you have ever experienced. It might be a kidney stone or childbirth. That level of pain becomes the benchmark to which we compare the current pain.

Evaluate your pain over the last week and assign a number to the pain at its most severe, its least severe, and its typical level.

PAIN SCALE



It's also important to discuss any variations in your pain. How does it change during the day? What makes it hurt more? What makes it hurt less? Be ready to describe your pain, as specifically as you can, along with details about when the pain started. The more information you have, the easier it will be for your doctor to help treat your pain.

It's really important to talk to your doctor about how your pain affects your life. It's a crucial and often overlooked detail. You should think about the specific ways your chronic pain is affecting you. Does pain wake you up at night? Has chronic pain made you change your habits? Do you no longer go on walks because the pain is too severe? Has it affected your performance on the job -- maybe even putting your ability to work in jeopardy?

Giving specifics about how your chronic pain is impinging on your life and changing your behavior is key. It helps your doctor understand how much you're suffering and appreciate the pain.