

Patient Name: \_\_\_\_\_ DOB \_\_\_\_\_ Date \_\_\_\_\_

### Mankoski Pain Scale

The typical numeric scale to gauge pain is from 0 (no pain) to 10 (very severe/intolerable). The scale below explains the numbers.

0	Pain Free	No medication needed
1	Very minor annoyance-occasional minor twinges	No medication needed
2	Minor annoyance-occasional strong twinges	No medication needed
3	Annoying enough to be distracting	Mild painkillers (aspirin, ibuprofen) are effective
4	Can be ignored if you are really involved in your work, but still distracting	Mild painkillers relieve pain for 3 to 4 hours
5	Can not be ignored for more than 30 minutes	Mild painkillers relieve pain for 3 to 4 hours
6	Can not be ignored for any length of time, but you can still go to work and participate in social activities	Strong painkillers (Codeine, Tramadol) reduce pain for 3 to 4 hours
7	Makes it difficult to concentrate, interferes with sleep. You can still function with effort	Stronger painkillers are only partially effective. Requires strongest (Oxycontin/Morphine) for relief.
8	Physical activity severely limited. You can read and converse with effort. Nausea and dizziness may occur as factors of pain	Stronger painkillers are minimally effective. Strongest painkillers reduce pain 3 to 4 hours
9	Unable to speak, Crying out or moaning uncontrollably- near delirium	Strongest painkillers are only partially effective.
10	Unconscious. Pain makes you pass out.	Strongest painkillers are only partially effective.

If pain is present, indicate your degree of pain in past 2 weeks:

Highest \_\_\_\_\_ Lowest \_\_\_\_\_ Average \_\_\_\_\_

If pain is present, indicate where on your body it occurs: \_\_\_\_\_