



Use this chart to manage your pain level.
You can print it from:

chumontreal.qc.ca/fiches-sante/pain-level

Use this chart to:

- keep track of your pain level (from 0 to 10)
- keep track of what's done to relieve your pain
- note the effects on your pain



Pain management

[illegible]

Pain level



no pain 0 1 2 3 **4** 5 6 7 8 9 10 worst pain you can imagine

You want to keep your pain level at **4** or lower.
Unrelieved pain will be harder to control.