

What's That Mean? – The Numeric Pain Scale

To help understand how much pain someone is in, we use different “pain scales.”

For older kids, we usually use The Numeric Scale.

Your nurse may ask you “on a scale of 0 to 10, how much pain are you feeling right now?”

If you are feeling great, with no pain at all, you can say “zero.”

If you are feeling really, really bad and the pain is the worst you’ve ever felt, you can say “ten.”