

# CHRONIC ARTHRITIS PAIN SCALE

Daily Tracking & Assessment Tool

Name: \_\_\_\_\_

Date: \_\_\_\_\_

| LEVEL       | CLASSIFICATION       | SYMPTOM DESCRIPTION                                                                             |
|-------------|----------------------|-------------------------------------------------------------------------------------------------|
| <b>0</b>    | <b>No Pain</b>       | Pain free. Full range of motion in joints.                                                      |
| <b>1-3</b>  | <b>Mild Pain</b>     | Nagging, annoying, but doesn't interfere with daily activities. Manageable without medication.  |
| <b>4-6</b>  | <b>Moderate Pain</b> | Interferes significantly with daily tasks. Stiffness is noticeable. Concentration is difficult. |
| <b>7-8</b>  | <b>Severe Pain</b>   | Cannot perform basic housework or hygiene. Sleep is interrupted. Pain is the primary focus.     |
| <b>9-10</b> | <b>Unbearable</b>    | Bedridden. Joints are red/swollen. Requires immediate clinical intervention. Unable to speak.   |

Primary Affected Joints: \_\_\_\_\_

**Observations (Stiffness, Weather, Activity triggers):**

This document is for personal tracking and informational purposes only. Consult a healthcare professional for diagnosis and treatment.