Defense and Veterans Pain Rating Scale

- **MILD** (Green)
  - No pain
  - Hardly notice pain
  - Notice pain, does not interfere with activities
  - Sometimes distracts me

- **MODERATE** (Yellow)
  - Distracts me, can do usual activities
  - Interrupts some activities
  - Hard to ignore, avoid usual activities

- **SEVERE** (Red)
  - Focus of attention, prevents doing daily activities
  - Awful, hard to do anything
  - Can’t bear the pain, unable to do anything
  - As bad as it could be, nothing else matters