How Do You Rate Your Pain and Function?

by NEWLIFEOUTLOOK TEAM

Tracking Your Pain and How Difficult You Find Tasks

Keeping track of how difficult it is to complete the basic necessities including getting out of bed, climbing stairs, descending stairs, and getting out of a chair is really useful to understand what you can do. This is a great communication for your doctor or for anyone who you need to communicate with about your condition. You can even give a page to someone has difficulty understanding your illness. These individuals may mark "0" for each activity and then will be able to see by the visual who difficult you find it. While most people may have difficulty getting out of bed if it's comfortable, most will be surprised about how difficult it is for you to get out of a chair or get down a flight of stairs.

American Chronic Pain Association

Living with Arthritis Ability Chart

Having arthritis can make the simplest everyday task difficult. It can be hard to explain to your health care professional how climbing stairs, getting out of a chair, or bathing might be challenging. This tool will help you to identify all the areas where you struggle and how much trouble you have with each item. Simply circle your level of difficulty. 0 means not difficult at all and 10 means it is extremely difficult for you to accomplish.

Pain Level

0 1 2 3 4 5 6 7 8 9 10

No Pain — Extreme Pain

Getting Out of Bed

0 1 2 3 4 5 6 7 8 9 10

No Difficulty — Extreme Difficulty

Climbing Stairs

0 1 2 3 4 5 6 7 8 9 10

No Difficulty — Extreme Difficulty

Descending Stairs

0 1 2 3 4 5 6 7 8 9 10

No Difficulty — Extreme Difficulty

Getting Out of a Chair

0 1 2 3 4 5 6 7 8 9 10

No Difficulty — Extreme Difficulty

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