Defense and Veterans Pain Rating Scale

- **MILD** (Green)
  - 0: No pain
  - 1: Hardly notice pain
  - 2: Notice pain, does not interfere with activities
  - 3: Sometimes distracts me
  - 4: Distracts me, can do usual activities

- **MODERATE** (Yellow)
  - 5: Interrupts some activities
  - 6: Hard to ignore, avoid usual activities
  - 7: Focus of attention, prevents doing daily activities

- **SEVERE** (Red)
  - 8: Awful, hard to do anything
  - 9: Can’t bear the pain, unable to do anything
  - 10: As bad as it could be, nothing else matters

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