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
  - Focus of attention, prevents doing daily activities

- **SEVERE**
  - Red
  - Awful, hard to do anything
  - Can't bear the pain, unable to do anything
  - As bad as it could be, nothing else matters