Defence and Veterans Pain Rating Scale

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

**MODERATE** (Yellow)
- 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