

HEALING FAITHFULLY™

EVALUATE YOUR LEVEL OF EXERTION WHILE PERFORMING AN ACTIVITY.

RPE SCALE	RATE OF PERCEIVED EXERTION	
10	MAX EFFORT	COMPLETELY OUT OF BREATH AND CAN'T TALK. CAN'T MAINTAIN. FEELS IMPOSSIBLE TO CONTINUE.
9	VERY HARD	BARELY BREATHING, ONLY ABLE TO SPEAK A FEW WORDS. VERY HARD TO MAINTAIN INTENSITY OF EXERCISE.
7-8	VIGOROUS	SHORTNESS OF BREATH AND ABLE TO SPEAK A SENTENCE. BECOMING UNCOMFORTABLE TO PERFORM EXERCISE.
4-6	MODERATE	HEAVY BREATHING, CAN HAVE A SHORT CONVERSATION. JUST WHERE YOU ARE STARTING TO FEEL CHALLENGED.
2-3	LIGHT	BREATHING EASILY, CAN CARRY ON A CONVERSATION. FEELS LIKE YOU COULD CONTINUE FOR HOURS.
1	VERY LIGHT	HARDLY ANY EXERTION, BUT MORE THAN SITTING, SLEEPING, READING, ETC.

[HTTPS://THEFITUTOR.COM/RPE-SCALE/](https://thefittutor.com/rpe-scale/)

0-10 SCALE OF PAIN SEVERITY		
SEVERITY	DESCRIPTION OF EXPERIENCE	
10 UNABLE TO MOVE	I AM IN BED AND CAN'T MOVE DUE TO MY PAIN. I NEED SOMEONE TO TAKE ME TO THE EMERGENCY ROOM TO GET HELP FOR MY PAIN	
9 SEVERE	MY PAIN IS ALL THAT I CAN THINK ABOUT. I CAN BARELY TALK OR MOVE BECAUSE OF THE PAIN.	
8 INTENSE	MY PAIN IS SO SEVERE THAT IT IS HARD TO THINK OF ANYTHING ELSE. TALKING AND LISTENING ARE DIFFICULT.	
7 UNMANAGEABLE	I AM IN PAIN ALL THE TIME. ITS KEEPING ME FROM DOING MOST ACTIVITIES.	
6 DISTRESSING	I THINK ABOUT MY PAIN ALL OF THE TIME. I GIVE UP MANY ACTIVITIES BECAUSE OF MY PAIN.	
5 DISTRACTING	I THINK ABOUT MY PAIN MOST OF THE TIME. I CANNOT DO SOME OF THE ACTIVITIES I NEED TO DO EACH DAY, BECAUSE OF THE PAIN.	
4 MODERATE	I AM CONSTANTLY AWARE OF MY PAIN BUT I CAN CONTINUE MOST ACTIVITIES.	
3 UNCOMFORTABLE	MY PAIN BOTHERS ME BUT I CAN IGNORE IT MOST OF THE TIME.	
2 MILD	I HAVE A LOW LEVEL OF PAIN. I AM AWARE OF MY PAIN ONLY WHEN I PAY ATTENTION TO IT.	
1 MINIMAL	MY PAIN IS HARDLY NOTICEABLE.	
0 NO PAIN	I HAVE NO PAIN.	

[HTTPS://PAINDOCTOR.COM/PAIN-SCALES/](https://paindoctor.com/pain-scales/)