Decoding Endometriosis Pain

UNSPEAKABLE

Bedridden and possibly delirious. Very few people will ever experience this level of pain.

10

EXCRUCIATING

Unable to converse. Crying out and/or moaning uncontrollably.



INTENSE

Physical activity is severely limited. Conversing requires great effort



SEVERE

Pain that dominates your sense and significantly limits your ability to perform daily activities or maintain social relationships. Interferes with sleep.



DISTRESSING

Moderately strong pain that interferes with normal daily activities. Difficulty concentrating.



DISTRACTING

Moderately strong pain. It can't be ignored for more than few minutes, but with effort you can manage to work or participate in some activities.



MODERATE

If you are deeply involved in an activity, it can be ignored for some time, but is still distracting.



UNCOMFORTABLE

Pain is noticeable and distracting, however you get used to it and adapt.



MINOR

Minor pain. Annoying and may have occasional stronger twinges.



MILD

Pain is very mild, barely noticeable. Most of the time you don't think about it.



PAIN FREE



healthcare providers facilitate an open discussion with patients about their endometriosis pain.

This resource can help

This resource is intended for informational purposes only and does not constitute medical advice, nor does it include all aspects of a comprehensive discussion with patients about their endometriosis pain.

This Pain Scale was first published on ProHealth.com and is reprinted and modified with permission.