



## Borg Rate of Perceived Pain Scale

The Rating of Perceived Pain (RPP) Measuring Scale

Use this quantitative scale to evaluate your pain, following the instructions below.

<b>Rating</b>	<b>Subjective Feeling</b>
<b>0</b>	<b>Nothing at all (no soreness/other pain)</b>
<b>0.3</b>	
<b>0.5</b>	<b>Extremely weak (just noticeable soreness/other pain)</b>
<b>0.7</b>	
<b>1</b>	<b>Very weak</b>
<b>1.5</b>	
<b>2</b>	<b>Weak (light intensity soreness/other pain)</b>
<b>2.5</b>	
<b>3</b>	<b>Moderate</b>
<b>4</b>	
<b>5</b>	<b>Strong (heavy intensity soreness/other pain)</b>
<b>6</b>	
<b>7</b>	<b>Very strong</b>
<b>8</b>	
<b>9</b>	
<b>10</b>	<b>Extremely strong (strongest intensity soreness/other pain)</b>
<b>10+</b>	<b>Absolute maximum (highest possible intensity soreness/other pain)</b>

Instructions for use: Please rate your major area of pain on the 0-10+ Pain Rating Scale by writing the number of your pain at the present time, considering the word descriptors. Concentrate on the pain and estimate its intensity using the above scale. Try not to underestimate or overestimate your feeling of pain; be as accurate as you can.