

# South Bay Sports Physical Therapy

## PAIN PHILOSOPHY

### HELP US TO INCREASE YOUR COMFORT LEVEL WHILE YOU ARE HERE FOR THERAPY

Pain is a useful sensation in everyday life because it warns us of injury. It is important for you to discuss any pain you might be feeling with your therapist and doctor so a plan for controlling your pain can be developed. Some pain we expect to eliminate and others we will minimize.

Our GOAL in therapy is to keep you as comfortable as possible during therapy so that we may teach you to work within your pain limitations so that you will be able to participate in activities and return to your prior level of function.

Please let your therapist know your level of pain according to the Pain Scale below.

#### PAIN SCALE

PAIN SCALE					
<b>0</b>	<b>1-3</b>	<b>4-5</b>	<b>6-7</b>	<b>8-9</b>	<b>10</b>
<b>NO PAIN</b>	<b>MILD PAIN</b>	<b>BEARABLE MODERATE PAIN</b>	<b>DISTRESSING SEVERE PAIN</b>	<b>VERY SEVERE PAIN</b>	<b>INTOLERABLE WORST POSSIBLE PAIN</b>