

Tell Us About Your Pain / 告诉我们你的痛苦



0-1

I have no pain and nothing hurts.

我没有疼痛，没有什么伤害



2-3

My pain is hardly noticeable.

我的疼痛难以察觉

Annoying
Uncomfortable
Can do all activities

恼人的
不舒服
可以做所有活动



4-5

My pain can be ignored most of the time.

我的疼痛大部分时间可以忽略

Nagging
Can do most activities
Movement is guarded

挥之不去的痛
可以做的大多数活动
运动需要小心



6-7

My pain is constant, distracting and I cannot ignore it.

我的疼痛是持续的，分心，我不能忽视它

Miserable
Limits some movements & activities
Sleep often disturbed

痛苦的
限制了一些动作和活动
经常睡不安



8-9

My pain is constant, intense, and interferes with my daily activities.

我的疼痛是持续的，强烈的，并干扰我的日常活动。

Agonizing
Can barely talk
Hard to move

剧痛难忍的
只能勉强说话
难以移动



10

My pain is the worst possible and I am unable to move. I need immediate care for my pain.

我的疼痛是最糟糕的，我无法移动。我需要立即照顾我的痛苦。