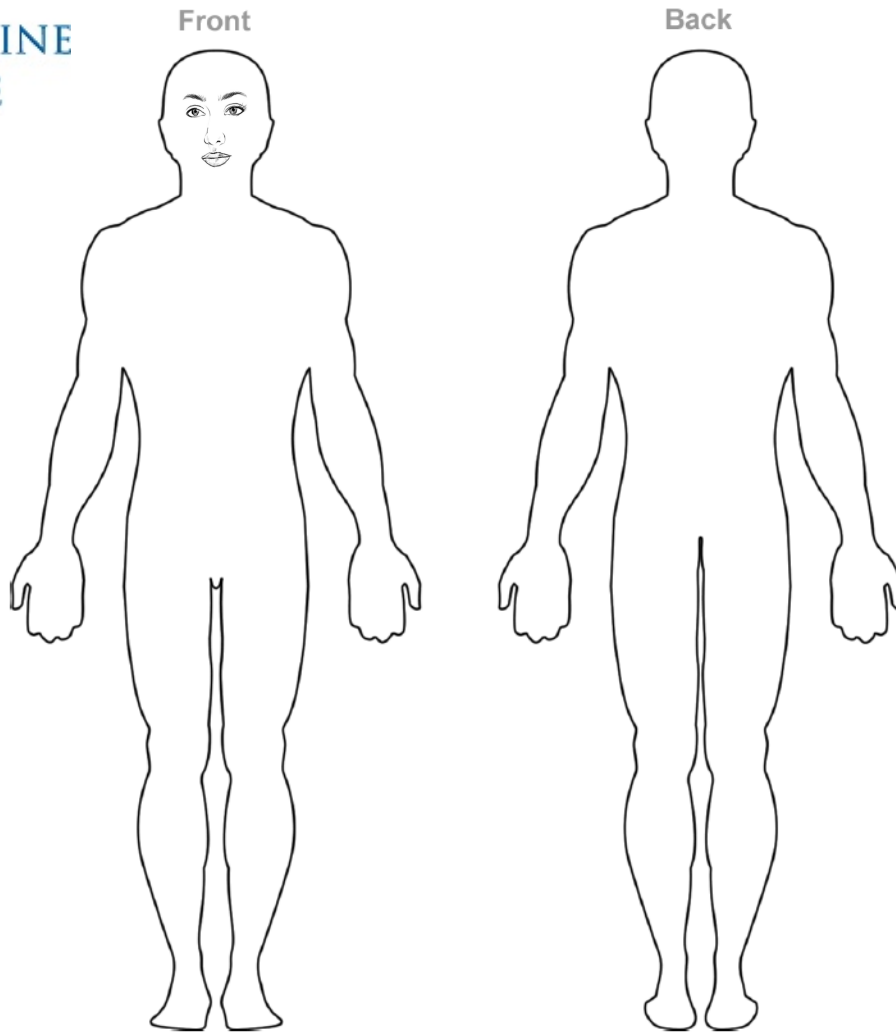




BRAIN & SPINE
CENTRE
SYDNEY

PAIN CHART



//// sharp/stabbing

ooo pins & needle/numbness

xxx burning/electric shocks

Type of pain

- Acute (in the moment)
- Chronic (persistent)
- Sharp
- Stabbing
- Pins and needles
- Numb
- Burning
- Electric shocks
- Deep
- Dull
- Aching

Use the chart below to estimate your pain

