Visual Analogue Scale

Source: Huskisson EC. Measurement of pain. *Lancet*. 1974 Nov 9;2(7889):1127-31.

The Visual Analogue Scale (VAS) is a subjective measure of pain. It consists of a 10cm line with two end-points representing ‘no pain’ and ‘worst pain imaginable’. Patients are asked to rate their pain by placing a mark on the line corresponding to their current level of pain. The distance along the line from the ‘no pain’ marker is then measured with a ruler giving a pain score out of 10.

Interpretation of score

The score can be used as a baseline assessment of pain with follow-up measures providing an indication of whether pain is reducing. Where pain does not reduce significantly during the first one to five weeks, the practitioner may wish to consider referral to an allied health practitioner. The scores can also be used to evaluate treatment effectiveness.

QUADRUPLE VISUAL ANALOGUE SCALE

Name _____ Number _____ Date _____

INSTRUCTIONS: Please circle the number that best describes the question being asked.

NOTE: If you have more than one complaint, please answer each question for each Individual complaint and indicate which score is for which complaint.

EXAMPLE:

HEADACHE NECK LOW BACK

0 1 (2) 3 (4) 5 6 7 8 (9) 10

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1. What is your pain RIGHT NOW?

0 1 2 3 4 5 6 7 8 9 10

2. What is your TYPICAL or AVERAGE pain?

0 1 2 3 4 5 6 7 8 9 10

3. What is your pain AT ITS BEST (How close to "0" does your pain get at its best)?

0 1 2 3 4 5 6 7 8 9 10

What percentage of your awake hours is your pain at its best? _____%

4. What is your pain AT ITS WORST (How close to "10" does your pain get at its worst)?

0 1 2 3 4 5 6 7 8 9 10

What percentage of your awake hours is your pain at its worst? _____%

Reference: Thomeé R., Grimby G., Wright B.D., Linacre J.M. (1995) Rasch analysis of Visual Analog Scale. *Scandinavian Journal of Rehabilitation Medicine* 27, 145-151.