Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**McGill Instructions**

**In each category below Circle ONLY a single word that best describes your present pain. Leave out any category that is not suitable.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1.** | **2.** | **3.** | **4.** | **5.** | **6.** |
| Flickering | Jumping | Prickling | Sharp | Pinching | Tugging |
| Quivering | Flashing | Boring | Cutting | Pressing | Pulling |
| Pulsing | Shooting | Drilling | Lacerating | Gnawing | Wrenching |
| Throbbing |  | Stabbing |  | Cramping |  |
| Beating |  | Lancinating |  |  |  |
| Pounding |  |  |  |  |  |
|  |  |  |  |  |  |
| **7.** | **8.** | **9.** | **10.** | **11.** | **12.** |
| Hot | Tingling | Dull | Tender | Tiring | Sickening |
| Burning | Itchy | Sore | Taut | Exhausting | Suffocating |
| Scalding | Smarting | Hurting | Rasping |  |  |
| Searing | Stinging | Aching | Splitting |  |  |
|  |  | Heavy |  |  |  |
|  |  |  |  |  |  |
| **13.** | **14.** | **15.** | **16.** | **17.** | **18.** |
| Fearful | Punishing | Wretched | Annoying | Spreading | Tight |
| Frightful | Grueling | Blinding | Troublesome | Radiating | Numb |
| Terrifying | Cruel |  | Miserable | Penetrating | Drawing |
|  | Vicious |  | Intense | Piercing | Squeezing |
|  | Killing |  | Unbearable |  | Tearing |
|  |  |  |  |  |  |
| **19.** | **20.** |  |  |  |  |
| Cool | Nagging |  |  |  |  |
| Cold | Nauseating |  |  |  |  |
| Freezing | Agonizing |  |  |  |  |
|  | Dreadful |  |  |  |  |
|  | Torturing |  |  |  |  |

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please mark the drawings where you feel the following sensations ONLY related to your present injury or condition.**

|  |
| --- |
| /// Stabbing |
| XXX Burning |
| 000 Pins and Needles |
| === Numbness |