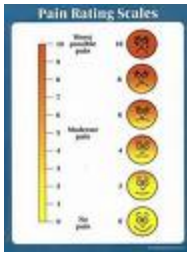


## Handout:

# Borg Rate of Perceived Pain Scale

The Rating of Perceived Pain (RPP) Measuring Scale\*

Use this quantitative scale to evaluate any pain you feel during your IBC workout, following the instructions below.



### Rating

### Subjective Feeling

|            |  |
|------------|--|
| <b>0</b>   | <b>Nothing at all (no soreness/other pain)</b>                           |
| <b>0.3</b> |  |
| <b>0.5</b> | <b>Extremely weak (just noticeable soreness/other pain)</b>              |
| <b>0.7</b> |  |
| <b>1</b>   | <b>Very weak</b>   |
| <b>1.5</b> |  |
| <b>2</b>   | <b>Weak (light intensity soreness/other pain)</b>                        |
| <b>2.5</b> |  |
| <b>3</b>   | <b>Moderate</b>  |
| <b>4</b>   |  |
| <b>5</b>   | <b>Strong (heavy intensity soreness/other pain)</b>                      |
| <b>6</b>   |  |
| <b>7</b>   | <b>Very strong</b>   |
| <b>8</b>   |  |
| <b>9</b>   |  |
| <b>10</b>  | <b>Extremely strong (strongest intensity soreness/other pain)</b>        |
| <b>11</b>  |  |
| <b>●</b>   | <b>Absolute maximum (highest possible intensity soreness/other pain)</b> |

Instructions for use: During the exercise...pay close attention to any pain you may feel anywhere in your body, including muscle soreness, joint, or trunk pain. Concentrate on the pain and estimate its intensity using the above scale. Try not to underestimate or overestimate your feeling of pain; be as accurate as you can.

\* From; Gunnar Borg, G. *Borg's Perceived Exertion and Pain Scales* (Champaign, IL: Human Kinetics, 1998). Reproduced with the permission of the author.

# Chronic Pain Cycle

