



MASSAGE

PAIN SCALE

1

LIGHT PRESSURE

Therapist hands applying a light pressure, introducing their touch to the patient, used to stimulate superficial receptors on the skin.

2

SOLID PRESSURE

The pressure is felt as a slight weight applied to the body. This pressure is used for general massage techniques, usually for relaxation treatments.

3

THERAPEUTIC PRESSURE

The pressure is increased and there may be some reduction of pain in tender areas. At this level, deeper tissues are targeted and is expected in a therapeutic treatment.

4

CONSIDERABLE PRESSURE

The pressure causes the patient to experience significant pain, however, they can breathe through it. Watch and feel to make sure they are consistently breathing. Therapist can ask the patient to take in a deep breath and exhale.

5

STOP

Patient cannot breathe through the pain and needs to stop the treatment. Therapist may also notice that the patient is holding their breath.

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REMEMBER

When talking about the pain scale, also remind the patient that at any point throughout the treatment, they have the ability to request to stop for any reason.