



# Types of Pain

This diagram can be shown to people and used to help them more easily describe the character of their pain sensations (main types of pain listed in bold, with subtypes that follow):

**Localization**

- Small spots
- Diffuse
- Spreading
- Changing

**Sore**

- Stabbing
- Cutting
- Stitching
- Piercing
- Prickling
- Splinter-like
- Stinging

**Sore**

- Aching
- Bruised
- Dull ache

**Throbbing**

- Pulsating

**Tender**

- Sensitive

**Changeable**

- Wandering
- Shifting
- Erratic

**Shooting**

- Radiating
- Lancing
- Boring
- Digging
- Twisting

- Drawing
- Pulling

**Spasmodic**

- Cramping
- Grabbing
- Jerking

**Stiff**

- Contracted
- Constricted
- Band-like

**Pressing**

- Compressive
- Crushing
- Squeezing

**Timing**

- Constant
- Recurrent
- Episodic
- Paroxysmal
- Remittent

