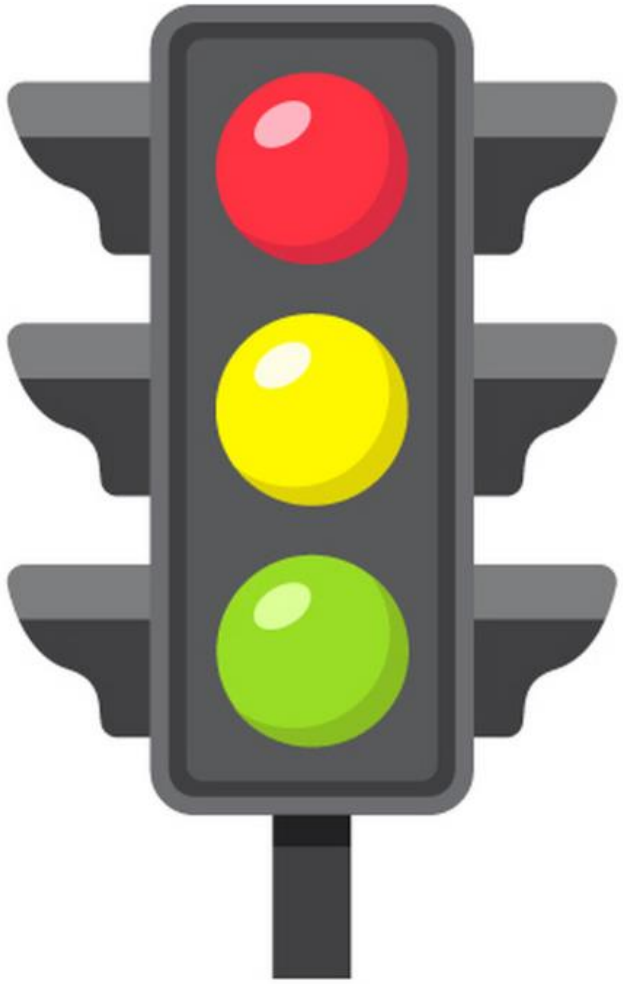
TRAFFIC LIGHT SYSTEM OF PAIN



Level of Pain	Physical Activity
6-10/10	STOP
4-5/10	MONITOR
0-3/10	GO