

THE S-LANSS PAIN SCORE

1. **In the area where you have pain, do you also have “pins and needles”, tingling or prickling sensations?**
 - a) NO- I don’t get these sensations (0)
 - b) YES- I get these sensations (5)

2. **Does the painful area change colour (perhaps look mottled or more red) when the pain is particularly bad?**
 - a) NO- The pain does not affect the colour of my skin (0)
 - b) YES-I have noticed that the pain does make my skin look different from normal. (5)

3. **Does your pain make the affected skin abnormally sensitive to touch? Getting unpleasant sensations or pain when lightly stroking the skin might describe this.**
 - a) NO- The pain does not make my skin abnormally sensitive to touch. (0)
 - b) YES- My skin in that area is particularly sensitive to touch. (3)

4. **Does your pain come on suddenly and in bursts for no apparent reason when you are completely still? Words like “electric shocks”, jumping and bursting might describe this.**
 - a) NO- My pain doesn’t really feel like this. (0)
 - b) YES- I get these sensations often. (2)

5. **In the area where you have pain, does your skin feel unusually hot like a burning pain?**
 - a) NO- I don’t have burning pain (0)
 - b) YES- I get burning pain often (1)

6. **Gently rub the painful area with your index finger and then rub a non-painful area (for example, an area of skin further away or on the opposite side from the painful area). How does this rubbing feel in the painful area?**
 - a) The painful area feels no different from the non-painful area (0)
 - b) I feel discomfort, like pins and needles, tingling or burning in the painful area that is different from the non-painful area. (5)

7. **Gently press on the painful area with your finger tip and then gently press in the same way onto a non-painful area (the same non-painful area that you chose in the last question). How does this feel in the painful area?**
 - a) The painful area does not feel different from the non-painful area. (0)
 - b) I feel numbness or tenderness in the painful area that is different from the non-painful area. (3)

Scoring a score of 12 or more suggests pain of predominantly neuropathic origin