

The S-LANSS Pain Score

1. In the area where you have pain, do you also have “pins and needles”, tingling or prickling sensations?	
☐ NO – I don’t get these sensations	0
☐ 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?	
☐ NO – The pain does not affect the colour of my skin	0
☐ 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.	
☐ NO – The pain does not make my skin abnormally sensitive to touch.	0
☐ 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.	
☐ NO – My pain doesn’t really feel like this.	0
☐ 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?	
☐ NO – I don’t have burning pain	0
☐ 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?	
☐ The painful area feels no different from the non-painful area	0
☐ 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?	
☐ The painful area does not feel different from the non-painful area.	0
☐ I feel numbness or tenderness in the painful area that is different from the non-painful area.	3
Total score:	

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

Source: Bennett, M *et al* J Pain, Vol 6, No 3 March, 2005 pp 149–158 The S-LANSS Score for Identifying Pain of Predominantly Neuropathic Origin: Validation for Use in Clinical and Postal Research.