The numbers behind the starting guide

Source comparison, evidence limits and every scored placement

Reviewed 31 October 2026 | 4 numerical practitioner guides | 89 scored entries | expanded qualitative appendix

A compact guide, not a promise about your pain. The website now uses one- or two-point reference bands. They make the map easier to compare, but do not mean that most people will fall inside the band. Pain outside the band is valid.

The numerical inputs below come from practitioner guides, not controlled trials or a pooled patient dataset. Published research reviewed here does not establish a validated numerical pain map for all these placements. Narrower display bands cannot resolve that evidence gap.

How the bands are constructed

Use compatible numerical placement-guide scores, including explicitly grouped placements (B). Exclude undifferentiated back/forearm/thigh figures when a source separately names lower back/inner forearm/back thigh; those exclusions are shown. Count each publisher once. Take each eligible interval midpoint, then the median across publishers. With at least two eligible publishers and full eligible span <=1, show an enclosing one-point integer band (identical integers extend upward one point). Otherwise round the median half-up and show +/-1, constrained to 1-10. Single-publisher bands stay two points wide. Two qualitative-only exceptions retain earlier editorial midpoints. This reproducible display rule is not a validated predictor, uncertainty model or population interval.

Smaller placements inherit their source area unless explicitly reviewed separately. This avoids inventing independent scores for every finger segment, part of the face or calf. A one-point band indicates agreement in the selected guides, **not greater clinical precision**.

What remains separate

Community scores retain their actual arithmetic means, sample sizes and observed ranges. Justin's original personal charts retain their original numbers. Neither dataset is overwritten by this review. Male and female reference figures use the same starting bands.

What the research actually measured

P1 - Witkos & Hartman-Petrycka (2020)
An observational survey of 1,092 tattooed adults (863 women, 229 men) used 0-10 pain ratings. Mean maximum pain during tattooing was 4.35 (SD 2.60); after tattooing, 2.07 (SD 2.02). Recruitment mixed studios and an online survey. The broad body-area term was not significant in the adjusted during-tattoo model (p=.094). This is not proof that sites feel the same and does not supply 89 site-specific scores.

P2 - Pimentel et al. (2021)
A VR pilot included 16 participants. Artist interviews grouped placements qualitatively, but the procedure experiment selected relatively low-pain sites, used one artist and lasted one hour. It tests a pain-distraction intervention, not a numerical atlas. The interview categories are not converted into scores.

P3 - Jang et al. (2020), abstract only
The accessible abstract reports a survey of 1,008 people and discusses tattoo pain and mitigation factors. The full article was not accessed. No usable placement-by-placement numerical table was available in the abstract; it contributes no numbers to this map.

P4 - Yamamotova et al. (2017)
A study of 105 participants investigated experimental thermal/mechanical pain thresholds and context. Those stimuli are not tattoo procedures. Its results cannot be used as pain ratings for individual finger segments.

Evidence that was not pooled

Radiotherapy positioning tattoos (P5) are a different procedure and scale from decorative tattoos. Long-term tattoo complications are different outcomes from pain during application. Neither is used to score decorative placements. No sex-specific numerical adjustment is introduced.

Qualitative checks and evidence gaps

Q1, a medically reviewed public guide, describes sensitive placements without numerical ratings. It supports caution about nipple/areola sensitivity but cannot validate 8-10. Traps retain an editorial 6-8 estimate; P2 offers qualitative context only. These are the two explicit non-computed exceptions.

No validated separate numerical evidence was located for navel, eyelids, nasal skin, finger webbing or individual phalanges. Inherited values are clearly identified in the placement index. Collector stories illustrate variation but are not treated as representative samples or imported votes.

Published guide scores / 1 of 2

All numbers are out of 10. S1 Tattooing 101; S2 Straight Lines; S3 M.INK; S4 HyperInkers. B = combined or broader source label. A dash means no extracted value, not no pain. These are publisher estimates, not measured means.

Placement	S1	S2	S3	S4	JustINKD
Scalp	7.5B	8B	-	7	7-8
Face	7.5B	8B	-	7	7-8
Ears	7.5B	-	-	7	7-8
Front & sides of neck	7.5B	-	-	7B	7-8
Back of neck	7.5B	5	-	7B	6-8
Outer shoulder	5B	-	3-4	3B	3-5
Collarbone	-	7	6-7	-	6-7
Chest / breast	8.5B	6	5-6	8	6-8
Nipple / areola	-	-	-	-	8-10
Sternum	8.5B	9	8-9	8	8-9
Armpit	9.5	-	8-9	10	8-10
Ribs / side torso	9	8-9	8-9	10	8-10
Abdomen	6.5	6	-	5	5-7
Hip / waistband	7.5	8	4-6	6	6-8
Groin crease	8B	-	-	8	8-9
Upper back	3B	3-4	4-5	3B	2-4
Spine	7.5	9	7-8	7	7-9
Lower back	3B	6	-	3B	5-7
Buttocks	8B	3	-	-	5-7
Outer upper arm	5B	2	2-3	3B	2-4
Inner upper arm	6	7	-	5	5-7
Elbow point	9B	8	-	7	7-9

B values are included when explicitly grouped with the named placement. The broad-back, broad-forearm and broad-thigh exclusions are documented separately. Two rows have no numerical source and retain editorial estimates.

Published guide scores / 2 of 2

Source columns retain disagreement. The JustINKD band is a display summary, not the full spread or a confidence interval. See the next page for mapping decisions.

Placement	S1	S2	S3	S4	JustINKD
Elbow ditch	9B	8	8-9	-	8-9
Outer forearm	4	-	3-4	3B	3-4
Inner forearm	4B	-	5-6	3B	5-7
Wrist	7B	-	7-8	5	6-8
Back of hand	7B	8	-	6B	6-8
Palm	10B	-	-	8	8-10
Fingers	7B	8B	-	6B	6-8
Front / outer thigh	5	3B	2-3B	3B	2-4
Inner thigh	8B	6	-	8	7-9
Back of thigh	5B	4	-	-	3-5
Kneecap	9B	8	8-9	7	7-9
Back of knee	9B	9	-	-	9-10
Shin	8.5B	7	-	7	6-8
Calf	6.5	3	2-3	4	3-5
Ankle / Achilles	8.5B	8B	6-7	7	7-9
Top of foot / toes	7B	8B	8-10	6	7-9
Sole of foot	10B	-	-	8	8-10
Traps / shoulders	-	-	-	-	6-8
Front upper arm / bicep	-	-	4-5	-	4-6
Heel	-	8B	-	-	7-9
Lips	7.5B	-	-	7	7-8
Finger knuckles	7B	-	-	6B	6-7

B values are included when explicitly grouped with the named placement. The broad-back, broad-forearm and broad-thigh exclusions are documented separately. Two rows have no numerical source and retain editorial estimates.

Mapping decisions and disagreements

Chest / breast - S3 specifies flat chest; breasts are not independently measured. Nipple and sternum remain separate.

Ribs / side torso - S2 combines its ribs (9) and side-ribs (8) entries into one interval; it counts once.

Upper back - S2 combines upper back (3) and shoulder blade (4); S1 and S4 refer to broad back, away from spine.

Lower back - S2 specifically rates lower back at 6. S1/S4 give broad back 3: shown for comparison, excluded from calculation because a specific placement estimate exists.

Buttocks - S1 groups buttocks with groin/inner thigh at 8; S2 gives buttocks 3. The middle band is not consensus. S4 gluteal fold (7) is excluded: a fold is not the whole buttock.

Inner forearm - S3 gives inner forearm 5-6. S1/S4 broad forearm scores are context only, excluded because an inner-surface estimate is available.

Wrist - S3 is inner wrist; other guides use broader wrist labels.

Back of thigh - S2 gives back thigh 4. S1 generic thigh 5 is context only, excluded because a back-surface estimate is available. The thigh fold is not substituted.

Ankle / Achilles - The source labels vary between ankle, ankle/heel and ankle/shin. Achilles is indirect.

Nipple / areola - No separate numerical nipple/areola estimate in the four extracted tables. Retain the existing 8-10 editorial band; qualitative sensitivity descriptions support caution, not a precise measurement.

Traps / shoulders - No numerical trapezius-specific estimate located in the extracted tables. Retain the previous guide midpoint (7), shown as 6-8. The VR paper interviews classify this broadly as high pain; they do not validate these numbers.

Front upper arm / bicep - S3 separately names bicep. Use that estimate rather than inheriting outer-upper-arm scores; a single publisher is not validation.

Heel - S2 explicitly groups heel and ankle at 8. Use this as an indirect heel guide rather than inherit sole scores.

Finger knuckles - Both publishers explicitly include knuckles in their grouped values. This is not a measured joint-specific estimate.

Reading a narrow band correctly

A two-point display can hide much wider disagreement: the calf inputs span 2-6.5, and buttock inputs span 3-8. The narrowed band does not contain all those estimates. Differences in source labels, technique, session duration and populations limit comparability. Publisher independence and calibration are unknown, so source count is not a statistical sample size.

The median-midpoint rule was chosen for a compact, reproducible editorial display. It has not been validated against patient outcomes. The machine-readable review records every input, included publisher, median and resulting band; future evidence should trigger another review.

Every scored placement / 1 of 4

Direct = its own row in the comparison, not necessarily direct research. Other labels identify the inherited comparison row. Historical overviews retain old ratings; they are not new rating destinations. Eyeball and navigation-only groups have no score.

Placement	Band	Evidence mapping
Scalp (overview)	7-8	Direct comparison row
Face (overview)	7-8	Direct comparison row
Ears	7-8	Direct comparison row
Front & sides of neck (overview)	7-8	Direct comparison row
Back of neck	6-8	Direct comparison row
Outer shoulder	3-5	Direct comparison row
Collarbone	6-7	Direct comparison row
Chest / breast	6-8	Direct comparison row
Nipple / areola	8-10	Qualitative editorial exception
Sternum	8-9	Direct comparison row
Armpit	8-10	Direct comparison row
Ribs / side torso	8-10	Direct comparison row
Abdomen	5-7	Direct comparison row
Hip / waistband	6-8	Direct comparison row
Groin crease	8-9	Direct comparison row
Upper back	2-4	Direct comparison row
Spine	7-9	Direct comparison row
Lower back	5-7	Direct comparison row
Buttocks	5-7	Direct comparison row
Outer upper arm	2-4	Direct comparison row
Inner upper arm	5-7	Direct comparison row
Elbow point	7-9	Direct comparison row
Elbow ditch	8-9	Direct comparison row
Outer forearm	3-4	Direct comparison row

Every scored placement / 2 of 4

Direct = its own row in the comparison, not necessarily direct research. Other labels identify the inherited comparison row. Historical overviews retain old ratings; they are not new rating destinations. Eyeball and navigation-only groups have no score.

Placement	Band	Evidence mapping
Inner forearm	5-7	Direct comparison row
Wrist	6-8	Direct comparison row
Back of hand	6-8	Direct comparison row
Palm	8-10	Direct comparison row
Fingers (overview)	6-8	Direct comparison row
Front / outer thigh (overview)	2-4	Direct comparison row
Inner thigh	7-9	Direct comparison row
Back of thigh	3-5	Direct comparison row
Kneecap	7-9	Direct comparison row
Back of knee	9-10	Direct comparison row
Shin	6-8	Direct comparison row
Calf (overview)	3-5	Direct comparison row
Ankle / Achilles (overview)	7-9	Direct comparison row
Top of foot / toes (overview)	7-9	Direct comparison row
Sole of foot	8-10	Direct comparison row
Top of head	7-8	Inherited: Scalp
Back of head	7-8	Inherited: Scalp
Side of head / temple	7-8	Inherited: Scalp
Forehead	7-8	Inherited: Face
Cheeks	7-8	Inherited: Face
Nose	7-8	Inherited: Face
Lips	7-8	Direct comparison row
Eyelids / around the eyes	7-8	Inherited: Face
Chin / jaw	7-8	Inherited: Face

Every scored placement / 3 of 4

Direct = its own row in the comparison, not necessarily direct research. Other labels identify the inherited comparison row. Historical overviews retain old ratings; they are not new rating destinations. Eyeball and navigation-only groups have no score.

Placement	Band	Evidence mapping
Front of neck	7-8	Inherited: Front & sides of neck
Side of neck	7-8	Inherited: Front & sides of neck
Traps / shoulders	6-8	Qualitative editorial exception
Front shoulder	3-5	Inherited: Outer shoulder
Rear shoulder	3-5	Inherited: Outer shoulder
Mid back	2-4	Inherited: Upper back
Belly button / surrounding skin	5-7	Inherited: Abdomen
Front upper arm / bicep	4-6	Direct comparison row
Back upper arm / tricep	2-4	Inherited: Outer upper arm
Back forearm	3-4	Inherited: Outer forearm
Front thigh	2-4	Inherited: Front / outer thigh
Outer thigh	2-4	Inherited: Front / outer thigh
Upper thigh / hip crease	6-8	Inherited: Hip / waistband
Inner knee	7-9	Inherited: Kneecap
Outer knee	7-9	Inherited: Kneecap
Back calf	3-5	Inherited: Calf
Inner calf	3-5	Inherited: Calf
Outer calf	3-5	Inherited: Calf
Lower calf	3-5	Inherited: Calf
Ankle bones	7-9	Inherited: Ankle / Achilles
Achilles / back ankle	7-9	Inherited: Ankle / Achilles
Heel	7-9	Direct comparison row
Top of foot	7-9	Inherited: Top of foot / toes
Side of foot	7-9	Inherited: Top of foot / toes

Every scored placement / 4 of 4

Direct = its own row in the comparison, not necessarily direct research. Other labels identify the inherited comparison row. Historical overviews retain old ratings; they are not new rating destinations. Eyeball and navigation-only groups have no score.

Placement	Band	Evidence mapping
Toes	7-9	Inherited: Top of foot / toes
Finger webbing	6-8	Inherited: Fingers
Finger knuckles	6-7	Direct comparison row
Thumb · proximal phalanx	6-8	Inherited: Fingers
Thumb · distal phalanx	6-8	Inherited: Fingers
Index · proximal phalanx	6-8	Inherited: Fingers
Index · middle phalanx	6-8	Inherited: Fingers
Index · distal phalanx	6-8	Inherited: Fingers
Middle · proximal phalanx	6-8	Inherited: Fingers
Middle · middle phalanx	6-8	Inherited: Fingers
Middle · distal phalanx	6-8	Inherited: Fingers
Ring · proximal phalanx	6-8	Inherited: Fingers
Ring · middle phalanx	6-8	Inherited: Fingers
Ring · distal phalanx	6-8	Inherited: Fingers
Little · proximal phalanx	6-8	Inherited: Fingers
Little · middle phalanx	6-8	Inherited: Fingers
Little · distal phalanx	6-8	Inherited: Fingers

Sources you can open

Numerical guides

S1 - Tattooing 101 | Practitioner education guide | Updated 14 January 2025

https://tattooing101.com/learn/tips-advice/pain-charts/

S2 - Straight Lines Tattoo | Studio guide | Undated; accessed 31 October 2026

https://www.straightlinestattoo.com/news/tattoo-pain-chart/

S3 - M.INK Tattooing | Studio guide | 31 July 2026

https://www.minktattooingwpg.ca/blog/tattoo-pain-chart-by-placement

S4 - HyperInkers | Studio guide, general table only | Updated 4 October 2026

https://hyperinkers.com/blog/tattoo-pain-chart

Research and qualitative context

P1 - Gender Differences in Subjective Pain Perception during and after Tattooing (2020)
https://pmc.ncbi.nlm.nih.gov/articles/PMC7767267/

P2 - The Effects of VR Use on Pain Experienced During a Tattoo Procedure (2021)
https://doi.org/10.3389/frvir.2021.643938

P3 - Pain Scale and Pain Mitigation Factors for Tattoo Treatment (2020); abstract only
https://kiss.kstudy.com/Detail/Ar?key=3853294

P4 - Do Multiple Body Modifications Alter Pain Threshold? (2017)
https://pubmed.ncbi.nlm.nih.gov/29355376/

P5 - PREFER radiotherapy positioning tattoo trial (2024); excluded from placement scores
https://pmc.ncbi.nlm.nih.gov/articles/PMC10999588/

Q1 - Healthline tattoo pain guide; qualitative only, updated December 2024
https://www.healthline.com/health/body-modification/pain-tattoos-chart

Review scope: targeted searches for tattoo pain studies, placement scores, studio charts and poorly documented subregions. This is an editorial evidence review, not a registered systematic review. All linked pages were accessed for this review; P3 was limited to its public abstract. No claim is made to have found every source.

Beyond numerical charts

Targeted supplementary review; not exhaustive or systematic. Public pages only. No forum posts imported into community ratings.

How descriptions become comparison ranges

Qualitative interpretation is an unvalidated editorial coding aid: low 2-4, moderate 4-6, high 6-8, very high 8-10. Codes describe the cited wording, not a measured or predicted individual pain range. Ambiguous or conflicting descriptions receive no code. Ordinal five-level charts, sex-split charts, unverifiable averages and anecdotes are not pooled with the four numerical-guide inputs.

Source wording	Our interpretation / 10
Low / relatively easy	2-4
Moderate / manageable	4-6
High / difficult	6-8
Very high / intense	8-10
Mixed, unclear or insufficient	Not assigned

What changed after this review

Retain the existing 89 reference bands. Added sources contextualize them and expose disagreement; they do not justify tighter precision or a reproducible replacement calculation.

A description such as “intense” is not a measurement. These interpretations are shown only in this appendix, explicitly separated from the website reference bands. They are not used as additional votes in the median calculation. Repeated articles, translations and syndicated guidance are not independent evidence.

Documentation uses original summaries and links. Full screenshots, copied charts and complete forum posts are not reproduced. Public discussion is used as context, not as permission to republish a person’s story on the community map.

Additional sources / 1

E1 - Healthline

Medically reviewed qualitative guide | Reviewed 31 October 2026

Places ribs, armpits, palms and soles among sensitive placements. Describes outer thighs, shoulders, forearms and calves as relatively easier; chest is in its lower/moderate group.

Limits: No numerical placement scores. Its chest description differs from several numerical charts; do not treat qualitative agreement as validation of a narrow band.

Open original source

E2 - Barber DTS Advice Hub

Trade supplier / artist and team experience | Reviewed 31 October 2026

Highlights nipples, neck, upper ribs, lower back and head as difficult placements; contrasts ribs and feet with more tolerable forearms and calves.

Limits: No representative sample or calibrated numerical scale. Translations of this article are one source, not additional votes.

Open original source

E3 - Inked: The Pain of Ink

Editorial interviews with artists and a dermatologist | Reviewed 31 October 2026

Discusses sensitivity around hands, feet and neck/head; ditches, lower wrist and stomach can be tender. One artist describes his back calf as exceptionally painful.

Limits: Interview observations are contextual, not averages. The calf account challenges a universally low calf rating. Session duration and repeated passes matter.

Open original source

Additional sources / 2

E4 - Rebel Muse FAQ

Tattoo studio guidance | Reviewed 31 October 2026

Identifies ribs and feet as potentially intense and emphasizes location, size, tolerance and artist technique.

Limits: No numbers or complete body ranking. Supports broad context only.

Open original source

E5 - BAM Studio Tokyo placement ranking

Studio five-level chart | Reviewed 31 October 2026

On its five-level scale: outer upper arm, outer thigh and shoulder = 1; calf and outer forearm = 2; inner forearm = 3; inner wrist, ankle, collarbone and ribs = 4; fingers, top of hand, top of foot and armpit = 5.

Limits: Five ordinal levels are not a 0-10 pain instrument. Do not multiply stars by two or pool them with numerical guides. Studio context includes fine-line and shorter sessions; no disclosed sample.

Open original source

E6 - Saved Tattoo pain chart

Commercial editorial chart | Reviewed 31 October 2026

Selected male/female table scores out of 10: ribs 9/9; armpits 10/10; chest 8/9; spine 9/9; outer thigh 3/5; calf 3/5; sternum 8/8; wrist 6/6.

Limits: Claims interviews without a reproducible dataset. Neck and hand prose differ from its table. Sex-split values are recorded as published, not applied to our figures or pooled into the reference calculation.

Open original source

Additional sources / 3

E7 - Hallowed Ink placement atlas

Directory / numerical placement guide | Reviewed 31 October 2026

Selected published values out of 10: forearm 3, shoulder 4, behind ear 5, chest 6, neck 7, ribs 8 and spine 8.

Limits: Underlying dataset could not be verified; methodology page did not load. Comparison only. Behind ear is not the ear surface. Do not interpret the site's averages as verified measurements.

Open original source

F1 - Collector discussion: most painful placements

Public firsthand discussion | Reviewed 31 October 2026

People disagree strongly about back-calf and inner-forearm pain, describing both manageable and very difficult sessions.

Limits: Self-selected, unverified reports with different tattoos. A 0/10 "would not do again" remark is a satisfaction judgment, not a pain score, and is excluded.

Open original source

F2 - Collector discussion: rib pain

Public firsthand discussion | Reviewed 31 October 2026

Includes one personal 10/10 rib report alongside accounts of manageable shorter rib sessions and comparisons with more painful stomach or calf work.

Limits: The 10/10 is one person's statement, not a thread average. Different session lengths and locations prevent pooling.

Open original source

Additional sources / 4

F3 - Collector discussion: long knee session

Public firsthand discussion | Reviewed 31 October 2026

A person reports unusually severe kneecap pain late in a roughly 10.5-hour session, compared with previous tattoos elsewhere.

Limits: Location is confounded with fatigue, repeated work and technique. Cannot establish the typical knee score.

Open original source

F4 - Collector discussion: nipple, wrist and shoulder

Public firsthand discussion | Reviewed 31 October 2026

Original poster ranks shoulder easiest, wrist difficult but bearable, elbow ditch very difficult and nipple work closest to stopping. Replies include severe feet/toe experiences and a mild ankle account.

Limits: Relative descriptions from different people are not calibrated scores. Replies do not establish prevalence or a population ranking.

Open original source

F5 - Collector discussion: belly button

Public firsthand discussion | Reviewed 31 October 2026

Procedure accounts include less pain than expected and another person’s exceptionally painful navel experience.

Limits: Healing discomfort is a separate outcome and is excluded. Conflicting anecdotes cannot validate a separate navel number.

Open original source

Additional sources / 5

F6 - Collector discussion: full-back work

Public firsthand discussion | Reviewed 31 October 2026

Original poster describes severe distress during extensive back/buttock blackwork, including difficult linework.

Limits: Multiple regions and heavy coverage cannot be separated into precise placement scores. Demonstrates why a low back guide band does not promise an easy session.

Open original source

F7 - Collector discussion: head tattoos

Public firsthand discussion | Reviewed 31 October 2026

A commenter describes their own head tattoo as one of their most painful placements.

Limits: Comments about other people’s experiences are hearsay and excluded. No numeric estimate or representative sample.

Open original source

Placement cross-check / 1

Head, face and ears

Sources: E1, E2, E3, F7 | High / severe descriptions

Our wording interpretation: 6-8/10 (not source-measured)

Head and neck references support sensitivity, but not independent numbers for eyelids, nasal skin or the ear. Behind-ear scores cannot be assigned to the ear.

Neck and collarbone

Sources: E1, E2, E5, E7 | High descriptions / level 4

Our wording interpretation: 6-8/10 (not source-measured)

Broad neck descriptions cannot resolve front, side and back distinctions. Retain documented inherited bands.

Chest and breasts

Sources: E1, E6, E7 | Conflicting low-to-high descriptions

Our wording interpretation: No single numerical interpretation assigned.

Chest coverage, exact position and source categories differ. Retain 6-8; do not translate disagreement into a narrow measured average.

Nipples, armpits, ribs and sternum

Sources: E1, E2, E4, E5, E6, F2, F4 | Very high / intense descriptions

Our wording interpretation: 8-10/10 (not source-measured)

Supports a high-sensitivity guide. Explicit rib 10/10 is anecdotal. Nipple remains an editorial exception, not a measured score.

Placement cross-check / 2

Abdomen, navel, hips and groin

Sources: E1, E3, F5 | Mixed and incomplete descriptions

Our wording interpretation: No single numerical interpretation assigned.

Navel reports conflict. No defensible independent navel score; retain inherited estimate and evidence gap.

Back, spine, buttocks and traps

Sources: E1, E2, E6, E7, F6 | Mixed descriptions; extensive work can be severe

Our wording interpretation: No single numerical interpretation assigned.

Broad back estimates do not isolate traps, lower back or spine. Extensive blackwork is not comparable to a small tattoo. Retain current mapping.

Shoulder and outer upper arm

Sources: E1, E5, E7, F4 | Relatively low / levels 1-2

Our wording interpretation: 2-4/10 (not source-measured)

Broadly consistent with easier placements. Low does not mean painless, particularly over long sessions.

Forearms and inner upper arm

Sources: E1, E5, E7, F1 | Inner forearm level 3; firsthand reports conflict

Our wording interpretation: 4-6/10 (not source-measured)

4-6 is an interpretation of BAM’s inner-forearm description only. Outer forearm differs; do not assign this band to the whole arm.

Placement cross-check / 3

Elbows, ditches and wrists

Sources: E1, E3, E5, E6, F4 | High descriptions

Our wording interpretation: 6-8/10 (not source-measured)

Ditch reports can be more severe. Wrist bone, inner wrist and elbow surface are distinct; retain specific numerical-guide mappings.

Hands, palms and fingers

Sources: E1, E3, E5 | Very high descriptions / level 5

Our wording interpretation: 8-10/10 (not source-measured)

Hands are especially inconsistent between charts. Do not change the broad hand band solely from ordinal reports; palms remain a separate placement.

Thighs and knees

Sources: E1, E5, E6, F3 | Outer thigh low; knee episode severe

Our wording interpretation: No single numerical interpretation assigned.

Do not average outer thigh, inner thigh and knee. The long knee session cannot establish a typical knee rating.

Calves, shins, ankles, feet and soles

Sources: E1, E4, E5, E6, F1, F4 | Calf low to severe; feet often intense

Our wording interpretation: No single numerical interpretation assigned.

Calf disagreement is substantial. Shin and ankle remain distinct from calf. Feet and soles also need separate labels; no anecdotal pooling.

All 89 scored entries still map to the numerical comparison and inheritance index earlier in this document. These supplementary checks cover broad anatomical groups; they do not create new evidence for every small surface region.