

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

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Please answer every section with the **ONE** statement that best applies to you or describes your daily situation the closest

## PAIN INTENSITY

- 5. My pain comes and goes and is very mild.
- 4. My pain is mild and does not vary much.
- 3. My pain comes and goes and is moderate.
- 2. My pain is moderate and does not vary much.
- 1. My pain comes and goes and is severe.
- 0. My pain is severe and does not vary much.

## WALKING

- 5. I have no pain walking.
- 4. I have some pain walking, but it does not increase with distance.
- 3. I cannot walk more than 1 mile without increasing pain.
- 2. I cannot walk more than ½ mi without increasing pain.
- 1. I cannot walk more than ¼ mi without increasing pain.
- 0. I cannot walk at all without increasing pain.

## LIFTING or CARRYING

- 5. I can lift heavy weights without extra pain.
- 4. I can lift heavy weights but it gives me extra pain.
- 3. Pain prevents me lifting heavy weights off the floor.
- 2. Pain prevent me lifting heavy weights off the floor, but I can manage if conveniently positioned.
- 1. Pain prevents me lifting heavy weights but can lift light to medium if they are conveniently positioned.
- 0. I can only lift very light weights at most.

## PERSONAL CARE

- 5. I would not have to change my way of washing or dressing in order to avoid pain.
- 4. I do not normally change my way of washing or dressing even though it causes some pain.
- 3. Washing and dressing increases the pain, but I manage not to change my way of doing it.
- 2. Washing and dressing increases the pain & I find it necessary to change my way of doing it.
- 1. Because of the pain, I am unable to do some washing and dressing without help.
- 0. Because of the pain, I am unable to do any washing and dressing without help.

## SITTING

- 5. I can sit in any chair as long as like.
- 4. I can only sit in my favorite chair as long as I like.
- 3. Pain prevents me sitting more than 1 hr.
- 2. Pain prevents me sitting more than ½ hr.
- 1. Pain prevents me sitting more than 10 mins.
- 0. I avoid sitting because it increases pain immediately.

## WORKING

- 5. I can do as much as I want.
- 4. I can only do my usual work but no more.
- 3. I can only do most of my usual work but no more.
- 2. I cannot do my usual work.
- 1. I can hardly do any work at all
- 0. I cannot do any work at all.

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## STANDING

- 5. I can stand as long as I want without pain.
- 4. I have some pain standing, but it does not increase with time.
- 3. I can't stand for more than 1 hr without increasing pain.
- 2. I can't stand for more than ½ hr without increasing pain.
- 1. I can't stand for more than 10 mins without increasing pain.
- 0. I avoid standing because it increases the pain immediately.

## SLEEPING

- 5. I have no pain in bed.
- 4. I get pain in bed, but it does not prevent me from sleeping well.
- 3. Because of pain my normal sleep is reduced by less than ¼.
- 2. Because of pain my normal sleep is reduced by less than ½.
- 1. Because of pain my normal sleep is reduced by less than ¾.
- 0. Pain prevents me from sleeping at all.

## SOCIAL LIFE

- 5 My social life is normal and gives me no pain.
- 4. My social life is normal, but increases the degree of pain.
- 3. Pain has no significant effect on my social life apart from limiting my more energetic interest.
- 2. Pain has restricted my social life and I do not go out very often.
- 1. Pain has restricted my social life to my home.
- 0. I have hardly any social life because of pain.

## TRAVELING

- 5. I have no pain when traveling.
- 4. I get some pain when traveling, but none of my usual forms of travel make it worse.
- 3. I get extra pain while traveling, but it does not compel me to seek alternative forms of travel.
- 2. I get extra pain while traveling, which compels me to seek alternative form of travel.
- 1. Pain restricts me to short necessary travel under ½ hr.
- 0. Pain prevents all forms of travel.

## CHANGING DEGREE OF PAIN

- 5. My pain is rapidly getting bigger.
- 4. My pain fluctuates, but is definitely getting better.
- 3. My pain seems to be getting better, but improvement is slow.
- 2. My pain is neither getting better or worse.
- 1. My pain is gradually worsening.
- 0. My pain is rapidly worsening.

## RECREATION

- 5. I am able to engage in all my recreational activities without back pain.
- 4. I am able to engage in all my usual recreational activities with some back pain.
- 3. I am able to engage in most but not all my usual recreational activities because of back pain.
- 2. I am only able to engage in a few of my usual recreational activities because of back pain.
- 1. I can hardly do any recreational activities because of back pain.
- 0. I cannot do any recreational activities at all.