

LOW BACK PAIN

This questionnaire is designed to enable our doctors to understand how much your low back pain has affected your ability to manage your everyday activities.

PLEASE CHECK ONE ANSWER IN EACH SECTION THAT MOST APPLIES TO YOU.

1. PAIN INTENSITY

- Mild pain comes and goes
- Mild pain doesn't vary much
- Moderate pain comes and goes
- Moderate pain doesn't vary much
- Severe pain comes and goes
- Severe pain doesn't vary much

2. PERSONAL CARE

- No changes to avoid pain
- No changes, but some pain
- Increased pain, but no changes
- Increased pain, altered personal habits
- Unable to do some things without help due to pain
- Unable to do anything without help due to pain

3. LIFTING

- Lift heavy weights, without extra pain
- Lift heavy weights, with extra pain
- Lift heavy items from a table, but not the floor
- Lift moderate items from a table, but not the floor
- Lift very light weights at the most
- Cannot lift heavy weights from the floor

4. WALKING

- As much as I want with no pain
- Pain prevents me from walking more than one mile
- Pain prevents me from walking more than 1/2 mile
- Pain prevents me from walking more than 1/4 mile
- Can only walk using a cane or crutches
- In bed most of the time and have to crawl to the toilet

5. SITTING

- Can sit in any chair as long as I want without pain
- Can only sit in favorite chair as long as I like
- Pain prevents me from sitting more than one hour
- Pain prevents me from sitting more than 1/2 hour
- Pain prevents me from sitting more than ten minutes
- Pain prevents me from sitting at all

6. STANDING

- Stand as long as I want without pain
- Some pain while standing, but doesn't increase with time
- Cannot stand more than one hour without increased pain
- Cannot stand longer than 1/2 hour without increased pain
- Cannot stand longer than 10 minutes without increased pain
- I avoid standing due to increased pain

7. SLEEPING

- No pain in bed
- Pain in bed, but doesn't prevent me from sleeping
- Pain reduces my normal sleep by less than one quarter
- Pain reduces my normal sleep by less than one half
- Pain reduces my normal sleep by less than three quarters
- Pain prevents me from sleeping at all

8. SOCIAL LIFE

- Normal with no pain
- Normal, but increases the degree of pain
- Pain has no significant effect apart from limiting more energetic interests, e.g., dancing, etc
- Restricted, do not go out very often
- Restricted, do not leave home
- No social life due to pain

9. TRAVELING

- No pain while traveling
- Some pain, but traveling doesn't make it worse
- Extra pain, but doesn't compel me to seek alternate forms of travel
- Extra pain, compels me to seek alternate forms of travel
- Pain restricts all forms of travel
- Pain prevents travel except that done lying down

10. CHANGING DEGREE OF PAIN

- Pain is rapidly getting better
- Pain fluctuates, but overall is getting better
- Pain seems to be getting better, but improvement is slow
- Pain is neither getting better or worse
- Pain is gradually worsening
- Pain is rapidly worsening

Patient's or Guardian Signature: _____

Date: _____