

Patient name: _____ Signature: _____ Date: _____

This questionnaire has been designed to give the doctor information as to how your back pain has affected your ability to manage in everyday life. **Please answer every section and mark in each section only ONE box** which applies to you. We realize you may consider that two of the statements in any one section relate to you, but **please just mark the box which MOST CLOSELY describes your problem.**

Section 1 – Pain Intensity

- A The pain comes and goes and is very mild.
- B The pain is mild and does not vary much.
- C The pain comes and goes and is moderate.
- D The pain is moderate and does not vary much.
- E The pain comes and goes and is severe.
- F The pain is severe and does not vary much.

Section 2 – Personal Care (Washing, Dressing, etc.)

- A I would not have to change my way of washing or dressing in order to avoid pain.
- B I do not normally change my way of washing or dressing even though it causes some pain.
- C Washing and dressing increase the pain but I manage not to change my way of doing it.
- D Washing and dressing increase the pain and I find it necessary to change my way of doing it.
- E Because of the pain I am unable to do some washing and dressing without help.
- F Because of the pain I am unable to do any washing and dressing without help.

Section 3 – Lifting

- A I can lift heavy weights without extra pain.
- B I can lift heavy weights but it gives extra pain.
- C Pain prevents me from lifting heavy weights off the floor.
- D Pain prevents me from lifting heavy weights off the floor but I can manage if they are conveniently positioned, e.g. on a table.
- E Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned.
- F I can only lift very light weights at the most.

Section 4 – Walking

- A I have no pain on walking.
- B I have some pain with walking but it does not increase with distance.
- C I cannot walk more than One Mile without increasing pain.
- D I cannot walk more than 1/2 Mile without increasing pain.
- E I cannot walk more than 1/4 Mile without increasing pain.
- F I cannot walk at all without increasing pain.

Section 5 – Sitting

- A I can sit in any chair as long as I like.
- B I can only sit in my favorite chair as long as I like.
- C Pain prevents me from sitting more than one hour.
- D Pain prevents me from sitting more than 30 minutes.
- E Pain prevents me from sitting more than 10 minutes.
- F I avoid sitting because it increases pain straight away.

Section 6 – Standing

- A I can stand as long as I want without pain.
- B I have some pain on standing but it does not increase with time.
- C I cannot stand for longer than one hour without increasing pain.
- D I cannot stand for longer than 1/2 hour without increasing pain.
- E I cannot stand for longer than 10 minutes without increasing pain.
- F I avoid standing because it increases pain straight away.

Section 7 – Sleeping

- A I get no pain in bed.
- B I get pain in bed but it does not prevent me from sleeping well.
- C Because of pain my normal nights sleep is reduced by less than 1/4.
- D Because of pain my normal nights sleep is reduced by less than 1/2.
- E Because of pain my normal nights sleep is reduced by less than 3/4.
- F Pain prevents me from sleeping at all.

Section 8 – Social Life

- A My social life is normal and gives me no pain.
- B My social life is normal but increases the degree of my pain.
- C Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g. dancing, etc.
- D Pain has restricted my social life and I do not go out very often.
- E Pain has restricted social life to my home.
- F I have hardly any social life because of the pain.

Section 9 – Traveling

- A I get no pain while traveling.
- B I get some pain while traveling but none of my usual sorts of travel make it any worse.
- C I get extra pain while traveling but it does not compel me to seek alternative forms of travel.
- D I get extra pain while traveling which compels me to seek alternative forms of travel.
- E Pain restricts all forms of travel.
- F Pain prevents all forms of travel except that done lying down.

Section 10 – Changing Degree of Pain

- A My pain is rapidly getting better.
- B My pain fluctuates but overall is definitely getting better.
- C My pain seems to be getting better but improvement is slow at the present.
- D My pain is neither getting better or worse.
- E My pain is gradually worsening.
- F My pain is rapidly worsening.