



**Back Index**

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

This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

**Pain Intensity**

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

**Sleeping**

- 0 I get no pain in bed.
- 1 I get pain in bed but it does not prevent me from sleeping well.
- 2 Because of pain my normal sleep is reduced by 25%.
- 3 Because of pain my normal sleep is reduced by 50%.
- 4 Because of pain my normal sleep is reduced by 75%.
- 5 Pain prevents me from sleeping at all.

**Sitting**

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

**Standing**

- 0 I can stand as long as I like with no pain.
- 1 I have some pain while standing but it does not increase with time.
- 2 I cannot stand for longer than 1 hour without increasing pain.
- 3 I cannot stand for longer than 1/2 hour without increasing pain.
- 4 I cannot stand for longer than 10 minutes without increasing pain.
- 5 I avoid standing because it increases pain immediately.

**Walking**

- 0 I have no pain while walking.
- 1 I have some pain while walking but it doesn't increase with distance.
- 2 I cannot walk more than 1 mile without increasing pain.
- 3 I cannot walk more than 1/2 mile without increasing pain.
- 4 I cannot walk more than 1/4 mile without increasing pain.
- 5 I cannot walk at all without increasing pain.

**Personal Care**

- 0 I can look after myself normally without causing extra pain.
- 1 I can look after myself normally but it causes extra pain.
- 2 It is painful to look after myself and I am slow and careful.
- 3 I need some help but I manage most of my personal care.
- 4 I need help every day in most aspects of self-care.
- 5 I do not get dressed, I wash with difficulty and stay in bed.

**Lifting**

- 0 I can lift heavy weights without extra pain.
- 1 I can lift heavy weights but it causes extra pain.
- 2 Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g. on a table).
- 3 Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- 4 I can only lift very light weights.
- 5 I cannot lift or carry anything at all.

**Traveling**

- 0 I get no pain while traveling.
- 1 I get some pain while traveling not it does not make traveling worse.
- 2 I get extra pain while traveling but it doesn't cause me to seek alternative forms of travel.
- 3 I get extra pain while traveling and have to seek other forms of travel.
- 4 Pain restricts all forms of travel except that done while lying down.
- 5 Pain restricts all forms of traveling.

**Social Life**

- 0 My social life is normal and gives me no extra pain.
- 1 My social life is normal but increases the degree of pain.
- 2 Pain has no significant affect on my social life apart from limiting my Energetic interests (e.g., dancing, etc.).
- 3 Pain has restricted my social life and I do not go out very often
- 4 Pain has restricted my social life to my home.
- 5 I have hardly any social life because of the pain.

**Changing degree of pain**

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

Index Score = [Sum of all statements selected I (# of sections with a statement selected x 5)] x 100

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Score