

Name: _____

Occupation: _____

Date: _____

How long have you had back pain? _____ Years _____ month's _____ weeks

How long have you had leg pain? _____ Years _____ months _____ weeks

Please Read: 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, & mark in each one only the one box which applies to you.

Section 1- Pain intensity

- A- I can tolerate the pain I have without having to use pain killers.
- B- The pain is bad but I manage without taking pain killers.
- C- Pain killers give complete relief from pain.
- D- Pain killers give moderate relief from pain.
- E- Pain killers give very little relief from pain.
- F- Pain killers have no effect on the pain and I do not use them.

Section 2- Personal Care (Washing, Dressing, Etc.)

- A- I can look after myself normally without causing extra pain.
- B- I can look after myself normally but it causes extra pain.
- C- It is painful to look after myself and I am slow and careful.
- D- I need some help but manage most of my personal care.
- E- I need help every day in most aspects of self-care.
- F- I do not get dressed, wash with difficulty and stay in bed.

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, but I can manage if they are conveniently positioned, eg. on a table.
- D- Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned.
- E- I can lift only very light weights.
- F- I cannot lift or carry anything at all.

Section 4- Walking

- A- Pain does not prevent me walking any distance.
- B- Pain prevents me walking more than 1 mile.
- C- Pain prevents me walking more than 1/2 mile.
- D- Pain prevents me walking more than 1/4 mile.
- E- I can only walk using a stick or crutches.
- F- I am in bed most of the time and have to crawl to the toilet.

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 1 hour.
- D- Pain prevents me from sitting more than 1/2 hour.
- E- Pain prevents me from sitting more than 10 minutes.
- F- Pain prevents me from sitting at all.

Section 6- Standing

- A- I can stand as long as I want without extra pain.
- B- I can stand as long as I want but it gives me extra pain.
- C- Pain prevents me from standing for more than 1 hour.
- D- Pain prevents me from standing for more than 1/2 hour.
- E- Pain prevents me from standing for more than 10 minutes.
- F- Pain prevents me from standing at all.

Section 7- Sleeping

- A- Pain does not prevent me from sleeping well.
- B- I can sleep well only by using tablets.
- C- Even when I take tablets I have less than six hours sleep.
- D- Even when I take tablets I have less than four hours sleep.
- E- Even when I take tablets I have less than two hours sleep.
- F- Pain prevents me from sleeping well at all.

Section 8- Sex Life

- A- My sex life is normal and causes no extra pain.
- B- My sex life is normal but causes some extra pain.
- C- My sex life is nearly normal but is very painful.
- D- My sex life is severely restricted by pain.
- E- My sex life is nearly absent because of pain.
- F- Pain prevents any sex life at all.

Section 9- Social Life

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

Section 10- traveling

- A- I can travel anywhere without extra pain.
- B- I can travel anywhere but it gives me extra pain.
- C- Pain is bad but I manage journeys over two hours.
- D- Pain restricts me to journeys of less than one hour.
- E- Pain restricts me to short journeys of less than 1/2 hour.
- F- Pain prevents me from traveling except to the doctor or hospital.