

Patient name: _____ Signature: _____ Date: _____

Previous Date & Score _____ %increase/decrease _____ Score _____

Please read instructions: when your back hurts, you may find it difficult to do some of the things you normally do. Mark only the sentences that describe you today.

- 1[] I stay at home most of the time because of my pain.
- 2[] I change position frequently to try to get my comfortable.
- 3[] I walk more slowly than usual because of my pain.
- 4[] Because of my pain, I am not doing any jobs that I usually do around the house.
- 5[] Because of my pain, I use a handrail to get upstairs.
- 6[] Because of my pain, I lie down to rest more often.
- 7[] Because of my pain, I have to hold on to something to get out of an easy chair.
- 8[] Because of my pain, I try to get other people to do things for me.
- 9[] I get dressed more slowly than usual because of my pain.
- 10[] I only stand up for short periods of time because of my pain.
- 11[] Because of my pain, I try not to bend or kneel down.
- 12[] I find it difficult to get out of a chair because of my pain.
- 13[] I have pain almost all the time.
- 14[] I find it difficult to turn over in bed because of my pain.
- 15[] My appetite is not very good because of my pain.
- 16[] I have trouble putting on my sock (or stockings) because of the pain.
- 17[] I can only walk short distances because of my pain.
- 18[] I sleep less well because of my pain.
- 19[] Because of my pain, I get dressed with the help of someone else.
- 20[] I sit down for most of the day because of my pain.
- 21[] I avoid heavy jobs around the house because of my pain.
- 22[] Because of pain, I am more irritable and bad tempered with people than usual.
- 23[] Because of my pain, I go upstairs more slowly than usual.
- 24[] I stay in bed most of the time because of my pain.