

This questionnaire has been designed to give your therapist information as to how your back pain has affected your ability to manage in everyday life. Please answer **every** question by placing a mark in the **one** box that best describes your condition today. We realize that you may feel that 2 of the statements may describe your condition, but **please mark only the box that most closely describes your current condition.**

**PAIN INTENSITY**

- I can tolerate the pain I have without having to use pain medication
- The pain is bad, but I can manage without having to take pain medication
- Pain medication provides me with complete relief from pain
- Pain medication provides me with moderate relief from pain
- Pain medication provides me with little relief from pain
- Pain medication has no effect on my pain

**PERSONAL CARE (e.g. WASHING, DRESSING)**

- I can take care of myself normally without causing increased pain
- I can take care of myself normally, but it increases my pain
- It is painful to take care of myself, and I am slow and careful
- I need help, but I am able to manage most of my personal care
- I need help every day in most aspects of my care
- I do not get dressed, wash with difficulty, and stay in bed

**LIFTING**

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

**WALKING**

- Pain does not prevent me from walking any distance
- Pain prevents me from walking more than 1 mile
- Pain prevents me from walking more than ½ mile
- Pain prevents me from walking more than ¼ mile
- I can only walk with crutches or a cane
- I am in bed most of the time and I have to crawl to the toilet

**SITTING**

- I can sit in any chair as long as I like
- I can only sit in my favorite chair as long as I like
- Pain prevents me from sitting for more than one hour
- Pain prevents me from sitting for more than ½ hour
- Pain prevents me from sitting for more than 10 minutes
- Pain prevents me from sitting at all

**STANDING**

- I can stand as long as I want without increased pain
- I can stand as long as I want, but it increases my pain
- Pain prevents me from standing more than 1 hour
- Pain prevents me from standing more than ½ hour
- Pain prevents me from standing more than 10 minutes
- Pain prevents me from standing at all

**SLEEPING**

- Pain does not prevent me from sleeping well
- I can sleep well only by using pain medication
- Even when I take medication, I sleep less than 6 hours
- Even when I take medication, I sleep less than 4 hours
- Even when I take medication, I sleep less than 2 hours
- Pain prevents me from sleeping at all

**SOCIAL LIFE**

- My social life is normal and does not increase my pain
- My social life is normal, but it increases my pain
- Pain prevents me from participating in more energetic activities (e.g., sports, dancing)
- Pain prevents me from going out very often
- Pain has restricted my social life to home
- I have hardly any social life because of my pain

**TRAVELING**

- I can travel anywhere without increased pain
- I can travel anywhere, but it increases my pain
- My pain restricts my travel over 2 hours
- My pain restricts my travel over 1 hour
- My pain restricts my travel to short necessary journeys under ½ hour
- My pain prevents all travel except for visits to the physician, therapist, or hospital

**EMPLOYMENT/HOMEMAKING**

- My normal homemaking/job activities do not cause pain
- My normal homemaking/job activities increase my pain, but I can still perform all that is required of me
- I can perform most of my homemaking/job duties, but pain prevents me from performing more physically stressful activities (e.g. lifting, vacuuming)
- Pain prevents me from doing anything but light duties
- Pain prevents me from doing even light duties
- Pain prevents me from performing any job or homemaking chores