

Patient Name: _____

Date of Birth: _____

Date of Appt: _____

Lumbar Spine: Low Back Pain and/or Leg Pain

Answer every question by placing an "X" in the box of the best answer.

Mark **only one** answer for each question.

01. Pain Intensity (mark only one box)

- I can tolerate the pain I have without having to use painkillers.
- The pain is bad but I manage without taking painkillers.
- Painkillers give complete relief from pain.
- Painkillers give moderate relief from pain.
- Painkillers give very little relief from pain.
- Painkillers have no effect on the pain. I do not use them.

06. Standing (mark only one box)

- I can stand as long as I want without extra pain.
- I can stand as long as I want, but it gives extra pain.
- Pain prevents me from standing more than one hour.
- Pain prevents me from standing more than thirty minutes.
- Pain prevents me from standing more than ten minutes.
- Pain prevents me from standing at all.

02. Personal Care (mark only one box) (e.g washing, dressing, etc)

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

07. Sleeping (mark only one box)

- Pain does not prevent me from sleeping well.
- I can sleep well only by using medications.
- Even when I take medication, I have less than six hours sleep
- Even when I take medication, I have less than four hours sleep
- Even when I take medication, I have less than two hours sleep
- Pain prevents me from sleeping at all.

03. Lifting (mark only one box)

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

08. Employment/Homemaking (mark only one box)

- 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 stressfull activities. (e.g lifting, vaccuming)
- 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.

04. Walking (mark only one box)

- 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 1/2 mile.
- Pain prevents me from walking more than 1/4 mile.
- I can only walk using a stick or crutches
- I am in bed most of the time, and have to crawl to the toilet.

09. Social Life (mark only one box)

- My social life is normal, and gives me no extra pain.
- My social life is normal, but increases the degree of pain.
- Pain has no significant effect on my social life apart from limiting my energetic interests. (e.g. dancing, etc)
- Pain has restricted my social life, and I do not go out as often
- Pain has restricted my social life to home.
- I have no social life because of pain.

05. Sitting (mark only one box)

- 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 more than one hour.
- Pain prevents me from sitting more than thirty minutes.
- Pain prevents me from sitting more than ten minutes.
- Pain prevents me from sitting at all.

10. Traveling (mark only one box)

- I can travel anywhere without extra pain.
- I can travel anywhere, but it gives extra pain.
- Pain is bad, but I manage journeys over two hours.
- Pain restricts me to journeys less than one hour.
- Pain restricts me to short journeys under thirty minutes.
- Pain prevents me from traveling, except to the doctor or hospital.