

Name:

DOB:

Date:

## 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.

<p>01. <b>Pain Intensity</b> (Mark only one box)</p> <p>I have no pain at the moment</p> <p>The pain is very mild at the moment</p> <p>The pain is moderate at the moment</p> <p>The pain is fairly severe at the moment</p> <p>The pain is very severe at the moment</p> <p>The pain is the worst imaginable at the moment</p>	<p>06. <b>Standing</b> (mark only one box)</p> <p>I can stand as long as I want without extra pain</p> <p>I can stand as long as I want but it gives me extra pain</p> <p>Pain prevents me from standing for more than 1 hour</p> <p>Pain prevents me from standing for more than 30 minutes</p> <p>Pain prevents me from standing for more than 10 minutes</p> <p>Pain prevents me from standing at all</p>
<p>02. <b>Personal Care</b> (mark only one box)(e.g washing, dressing,etc)</p> <p>I can look after myself normally without causing extra pain</p> <p>I can look after myself normally but it causes extra pain</p> <p>It is painful to look after myself and I am slow and careful</p> <p>I need some help but manage most of my personal care</p> <p>I need help every day in most aspects of self-care</p> <p>I do not get dressed, I wash with difficulty and stay in bed</p>	<p>07. <b>Sleeping</b> (mark only one box)</p> <p>My sleep is never disturbed by pain</p> <p>My sleep is occasionally disturbed by pain</p> <p>Because of pain I have less than 6 hours sleep</p> <p>Because of pain I have less than 4 hours sleep</p> <p>Because of pain I have less than 2 hours sleep</p> <p>Pain prevents me from sleeping at all</p>
<p>03. <b>Lifting</b> (mark only one box)</p> <p>I can lift heavy weights without extra pain</p> <p>I can lift heavy weights but it gives extra pain</p> <p>Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently placed eg. On a table</p> <p>Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned eg. On a table</p> <p>I can lift very light weights</p> <p>I cannot lift or carry anything at all</p>	<p>08. <b>Sex life (if applicable)</b> (mark only one box)</p> <p>My sex life is normal and causes no extra pain</p> <p>My sex life is normal but causes some extra pain</p> <p>My sex life is nearly normal but is very painful</p> <p>My sex life is severely restricted by pain</p> <p>My sex life is nearly absent because of pain</p> <p>Pain prevents any sex life at all</p>
<p>04. <b>Walking</b> (mark only one box)</p> <p>Pain does not prevent me walking any distance</p> <p>Pain prevents me from walking more than 1 mile</p> <p>Pain prevents me from walking more than 1/2 mile</p> <p>Pain prevents me from walking more than 100 yards</p> <p>I can only walk using a stick or crutches</p> <p>I am in bed most of the time</p>	<p>09. <b>Social life</b> (mark only one box)</p> <p>My social life is normal and gives me no extra pain</p> <p>My social life is normal but increases the degree of pain</p> <p>Pain has no significant effect on my social life apart from limiting my more energetic interests eg. sports</p> <p>Pain has restricted my social life and I do not fo out as often</p> <p>Pain has restricted my social life to my home</p> <p>I have no social life because of pain</p>
<p>05. <b>Sitting</b> (mark only one box)</p> <p>I can sit in any chair for as long as I like</p> <p>I can only sit in my favourite chair as long as I like</p> <p>Pain prevents me from sitting more than 1 hour</p> <p>Pain prevents me from sitting more than 30 minutes</p> <p>Pain prevents me from sitting more than 10 minutes</p> <p>Pain prevents me from sitting at all</p>	<p>10. <b>Traveling</b> (mark only one box)</p> <p><input type="checkbox"/> I can travel anywhere without pain</p> <p><input type="checkbox"/> I can travel anywhere but it gives me extra pain</p> <p><input type="checkbox"/> Pain is bad but I manage journeys over 2 hours</p> <p><input type="checkbox"/> Pain restricts me to journeys of less than 1 hour</p> <p><input type="checkbox"/> Pain restricts me to short necessary journeys under 30 minutes</p> <p><input type="checkbox"/> Pain prevents me from travelling except to receive treatment</p>