

# Low Back Pain Questionnaire

## **Pain Intensity** (Circle One)

- A. I can tolerate the pain I have without using pain killers.
- B. The Pain is bad but I manage without taking pain killers.
- C. Pain killers give me complete relief from the pain.
- D. Pain killers give mild relief from the pain.
- E. Pain killers give me little relief from the pain.
- F. Pain killers have no effect on the pain.

## **Personal Care**- washing, dressing etc (Circle one)

- 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, but I am slow and careful.
- D. I need some help looking after myself but manage most of my personal care.
- E. I need help everyday with every aspect of my self-care.
- F. I do not get dressed, I wash with difficulty and I stay in bed.

## **Lifting** (Circle One)

- A. I can lift heavy weights without extra pain.
- B. I can lift heavy weights, but it causes extra pain.
- C. Pain prevents me from lifting heavy weights off the floor, but I can lift if they are conveniently positioned such as a table.
- D. Pain prevents me from lifting heavy weights but I can manage light/medium weights if they are conveniently positioned.
- E. I can only lift light weights
- F. I cannot lift or carry anything at all

## **Walking** (Circle One)

- A. Pain does not prevent me from walking any distance
- B. Pain prevents me from walking more than a mile
- C. Pain prevents me from walking more than ½ mile
- D. Pain prevents me from walking more than ¼ mile
- E. I can only walk using stick or crutches
- F. I am in bed most of the time and have to crawl to the bathroom

## **Sitting**- (Circle one)

- 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 for more than 1 hour
- D. Pain prevents me from sitting for more than ½ hour
- E. Pain prevents me from sitting more than 10 minutes

F. Pain prevents me from sitting at all

**Standing-** (Circle one)

- A. I can stand as long as I want without any extra pain
- B. I can stand as long as I want, but it gives me extra pain
- C. Pain prevents me from standing more than 1 hour
- D. Pain prevents me from standing more than ½ hour
- E. Pain prevents me from standing more than 10 minutes
- F. Pain prevents me from standing at all

**Sleeping-** (Circle one)

- A. Pain does not prevent me from sleeping well
- B. I can sleep well only by using pain killers
- C. Even when I take pain killers, I have less than 6 hours of sleep
- D. Even when I take pain killers, I have less than 4 hours of sleep
- E. Even when I take pain killers, I sleep less than 2 hours of sleep
- F. Pain prevents me from sleeping at all

**Social Life-** (Circle one)

- A. My social life is normal and gives me no extra pain
- B. My social life is normal, but increases the degree of my pain
- C. Pain has no significant effect on my social life
- D. Pain has restricted my social life, and I do not go out very often
- E. Pain has restricted my social life to my home
- F. Pain prevents me from having any social life at all

**Traveling-** (Circle one)

- A. I can travel anywhere without any extra pain
- B. I can travel anywhere, but it gives me extra pain
- C. Pain is bad, but I manage journeys less than 2 hours away
- D. Pain restricts to journeys less than an hour away
- E. Pain restricts me to short necessary journeys less than 30 minutes away
- F. Pain prevents me from traveling except to hospitals and doctor appointments

**Employment/Housekeeping-** (Circle one)

- A. My normal job/ Housekeeping activities does not cause me pain
- B. Normal job/ Housekeeping activities increase my pain, but I can still perform them
- C. I can perform most of my housekeeping/job duties
- D. Pain prevents me from doing anything except for light duties
- E. Pain prevents me from doing even light duties
- F. Pain prevents me from performing any job or housekeeping chores

Comments

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