## LOW BACK PAIN QUESTIONNAIRE

| Patient Signature: This quastromaie is designed to enable us to understand how much your tow back pain had affected your ability to manage your everyday activities. Please answer each section by obsciving the ONE CHOICE that most applies to you. Please select the one choice which most closely describe your problem right now.  Pain intensity The pain comes and goes and is very mild. The pain is mild and does not vary much. The pain is mild and does not vary much. The pain comes and goes and is moderate. The pain is severe and does not vary much. The pain is severe and does not vary much. The pain is severe and does not vary much. The pain is severe and does not vary much. The pain is severe and does not vary much. The pain is severe and does not vary much. The pain is severe and does not vary much. The pain is severe and does not vary much.  Personal Cure Washing and cressing increases the pain, but I manage not to change my way of deathing but too change my way of washing or dressing even through it causes some pain. Washing and dressing increases the pain and I find it necessary to change my way of doing it. Washing and dressing increases the pain and I find it necessary to change my way of doing it. Washing and dressing increases the pain and I find it necessary to change my way of doing it. Because of the pain, I am unable to do some washing or dressing without help. Because of the pain, I am unable to do some washing or dressing without help. Because of the pain, I am unable to do some washing or dressing without help.  Lifting I can lift heavy weights without extra pain. Can be pain the pain of the pain, I am unable to do any washing or dressing without help.  Pain prevents me from lifting heavy weights off the floor. Pain pain prevents me from washing more than 10 mile. Pain prevents me from washing more than nore than 10 mile. Pain prevents me from washing more than 10 mile. Pain prevents me from washing more than 10 mile. Pain prevents me from washing more than 10 mile. Pain prevents me from washing mor | Patient Name:      |  | _    | Date:   |  |
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| Pain Intensity   The pain comes and goes and is very mild.   The pain comes and goes and is very mild.   The pain comes and goes and is very mild.   The pain comes and goes and is very mild.   The pain comes and goes and is very mild.   The pain comes and goes and is moderate.   I cannot stand for longer than 12 hour without increase with time.   I cannot stand for longer than 12 hour without increase pain.   I cannot stand for longer than 12 hour without increasing pain.   I cannot stand for longer than 12 hour without increasing pain.   I cannot stand for longer than 12 hour without increasing pain.   I cannot stand for longer than 12 hour without increasing pain.   I cannot stand for longer than 12 hour without increasing pain.   I cannot stand for longer than 12 hour without increasing pain.   I cannot stand for longer than 12 hour without increasing pain.   I cannot stand for longer than 12 hour without increasing pain.   I cannot stand for longer than 12 hour without increasing pain.   I cannot stand for longer than 12 hour without increasing pain.   I cannot stand for longer than 12 hour without increasing pain.   I cannot stand for longer than 12 hour without increasing pain.   I cannot stand for longer than 12 hour without increasing pain.   I cannot stand for longer than 12 hour without increasing pain.   I cannot stand for longer than 12 hour without increasing pain.   I cannot stand for longer than 12 hour without increasing pain.   I cannot stand for longer than 12 hour without increasing pain.   I cannot stand for longer than 12 hour without increasing pain.   I cannot stand for longer than 12 hour without increasing pain.   I cannot stand for longer than 12 hour without increasing pain.   I cannot stand for longer than 12 hour without increasing pain.   I cannot stand for longer than 12 hour without increasing pain.   I get no pain in bed.   I get no pain in bed.   I get no pain in bed.   I get pain in bed.   I    | Patient Signature: |  |      |   |  |
| The pain comes and goes and is very mild.   The pain is mild and does not vary much.   The pain is mild and does not vary much.   The pain is moderate and does not vary much.   The pain is moderate and does not vary much.   The pain is moderate and does not vary much.   The pain is moderate and does not vary much.   The pain is sever and the pain is pain in the dubt of the pai    |                    |  |      |   |  |
| The pain is mild and does not vary much.   The pain comes and goes and is moderate.   The pain comes and goes and is moderate.   The pain comes and goes and is moderate.   The pain comes and goes and is severe.   The pain is moderate and does not vary much.   The pain is moderate and does not vary much.   The pain is severe and does not vary much.   The pain is severe and does not vary much.   The pain is severe and does not vary much.   The pain is severe and does not vary much.   The pain is severe and does not vary much.   The pain is severe and does not vary much.   Washing and dressing increases the pain straight away.   The pain is severe and does not vary much.   Washing and dressing increases the pain, but I manage not to change my way of doing it.   Washing and dressing increases the pain and I find it necessary to change my way of doing it.   Washing and dressing increases the pain and I find it necessary to change my way of doing it.   Because of pain, my normal night's sleep is reduced by less than one than one quarter.   Because of the pain, I am unable to do some washing or dressing without help.   Because of the pain, I am unable to do some washing or dressing without help.   Because of the pain, I am unable to do some washing or dressing without help.   Because of the pain, I am unable to do some washing or dressing without help.   Because of pain, my normal night's sleep is reduced by less than one than one quarter.   Pain prevents me from lifting heavy weights but it causes extra pain.   Lan lift heavy weights but it causes extra pain.   Pain prevents me from lifting heavy weights, but I can manage if they are conveniently positioned, e.g. on a table, was a con    | Pair               | n Intensity  | Star | nding   |  |
| The pain comes and goes and is moderate.   The pain is moderate and does not vary much.   I cannot stand for longer than one hour without increasing pain.   I cannot stand for longer than 1/2 hour without increasing pain.   I cannot stand for longer than to minute without increasing pain.   I cannot stand for longer than to minute without increasing pain.   I cannot stand for longer than ten minute without increasing pain.   I cannot stand for longer than ten minute without increasing pain.   I cannot stand for longer than ten minute without increasing pain.   I cannot stand for longer than ten minute without increasing pain.   I cannot stand for longer than ten minute without increasing pain.   I cannot stand for longer than 1/2 hour white the pain is severe.   I cannot stand for longer than one hour without increasing pain.   I cannot stand for longer than one hour without increasing pain.   I cannot stand for longer than one hour without increasing pain.   I cannot stand for longer than one hour without increasing pain.   I cannot stand for longer than 1/2 hour white without stand for longer than 1/2 hour white the loan of the same is severe.   I cannot stand for longer than one hour whithout stand for longer than 1/2 hour white without stand for longer than 1/2 hour white without stand for longer than 1/2 hour white without stand for longer than 1/2 hour.   I cannot stand for longer than 1/2 hour white without stand for longer than 1/2 hour.   I cannot stand for longer than 1/2 hour.   I cannot stand for longer than 1/2 hour.   I cannot stand for longer than 1/2 hour white the date of longer than 1/2 hour.   I cannot stand for longer than 1/2 hour.   I cannot stand fo   |                    | The pain comes and goes and is very mild.  |      | I can stand as long as I want without pain.                             |  |
| The pain is moderate and does not vary much.   The pain comes and goes and is severe.   The pain comes and goes and is severe.   The pain severe and does not vary much.   Personal Care   I would not have to change my way of washing or dressing in order to avoid pain.   I do not normally change my way of washing or dressing even though it causes some pain.   I do not normally change my way of washing or dressing even though it causes some pain.   Washing and dressing increases the pain, but I manage not to change my way of doing it.   Washing and dressing increases the pain, but I manage not to change my way of doing it.   Because of the pain, I am unable to do some washing and dressing without help.   Because of the pain, I am unable to do any washing or dressing without help.   Because of the pain, I am unable to do any washing or dressing without help.   Because of the pain, I am unable to do any washing or dressing without help.   Because of the pain, I am unable to do any washing or dressing without help.   Because of the pain, I am unable to do any washing or dressing without help.   Because of the pain, I am unable to do any washing or dressing without help.   Because of the pain, I am unable to do any washing or dressing without help.   Because of the pain, I am unable to do any washing or dressing without help.   Because of the pain, I am unable to do any washing or dressing without help.   Because of the pain, I am unable to do any washing or dressing without help.   Because of the pain, I am unable to do any washing or dressing without help.   Because of the pain, I am unable to do any washing or dressing without help.   Because of the pain, I am unable to do any washing and dressing without help.   Because of the pain, I am unable to do any washing and dressing without help.   Because of the pain, I am unable to do any washing and dressing without help.   Because of the pain, I am unable to do any washing and dressing without belp.   Because of pain, my normal night's sleep is reduced by less than    |                    | The pain is mild and does not vary much.   |      | I have some pain while standing, but it does not increase with time.    |  |
| The pain is severe and goes and is severe.   The pain is severe and does not vary much.   The pain is severe and does not vary much.   The pain is severe and does not vary much.   I avoid standing, because it increases the pain straight away.   Stepping   get no pain in bed.   get pain in bed.     |                    | The pain comes and goes and is moderate.   |      | I cannot stand for longer than one hour without increasing pain.        |  |
| The pain is severe and does not vary much.   Parsonal Care   I would not have to change my way of washing or dressing in order to avoid pain.   I get no pain in bed.   I get poin in bed.   I get pain in bed.   I get pain in bed.   I get poin in bed.   I get pain and in gint's sleep is reduced by less than one than one tain one pain.   I get pain in gint's sleep is reduced by less than one tain in pain prevents me from wilking the pain in gint's sleep is reduced by less than one tain in   |                    | The pain is moderate and does not vary much.                                     |      | I cannot stand for longer than 1/2 hour without increasing pain.        |  |
| I would not have to change my way of washing or dressing in order to avoid pain.   I get no normally change my way of washing or dressing in order to avoid pain.   I get no normally change my way of washing or dressing even though it causes some pain.   Washing and dressing increases the pain, but I manage not to change my way of doing it.   Because of pain, my normal night's sleep is reduced by less than one than one quarter.   Because of the pain, I am unable to do some washing and dressing without help.   Because of the pain, I am unable to do any washing or dressing without help.   Because of the pain, I am unable to do any washing or dressing without help.   Pain prevents me from lifting heavy weights of the floor.   Pain prevents me from lifting heavy weights off the floor.   Pain prevents me from lifting heavy weights off the floor,   Pain prevents me from lifting heavy weights, but I can manage light to medium weights flively are conveniently positioned, go on a table.   Pain prevents me from lifting heavy weights, but I can manage light to medium weights flively are conveniently positioned.   I can only lift very light weights, at the most.   Pain prevents me from walking more than one mile.   Pain prevents me from walking more than one mile.   Pain prevents me from walking more than 12 mile.   I get no pain while traveling.   I get some pain while traveling, but indoes not prevent me from walking more than 14 mile.   I get one pain while traveling, but indoes not compel me to seek alternative forms of travel.   Pain prevents are from walking more than 14 mile.   I get one pain while traveling which compels me to seek alternative forms of travel.   Pain prevents are from walking more than 14 mile.   I get one pain while traveling which compels me to seek alternative forms of travel.   Pain prevents are from sitting more than 12 hour.   Pain prevents are from sitting more than 12 hour.   Pain prevents are from sitting more than one hour.   Pain prevents me from sitting more than one hour.   Pain preve   |                    | The pain comes and goes and is severe.   |      | I cannot stand for longer than ten minute without increasing pain.      |  |
| I would not have to change my way of washing or dressing in order to avoid pain.   I get no pain in bed.   get pain in bed. but it does not prevent me from sleeping well.   Washing and dressing increases the pain, but I manage not to change my way of doing it.   Because of pain, my normal night's sleep is reduced by less than one than one quarter.   Because of the pain, I am unable to do some washing and dressing without help.   Because of the pain, I am unable to do some washing and dressing without help.   Because of the pain, I am unable to do some washing and dressing without help.   Because of the pain, I am unable to do some washing and dressing without help.   Because of the pain, I am unable to do some washing and dressing without help.   Because of the pain, I am unable to do some washing and dressing without help.   Because of pain, my normal night's sleep is reduced by less than one half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduce    |                    | The pain is severe and does not vary much.                                       |      | I avoid standing, because it increases the pain straight away.          |  |
| Ido not normally change my way of washing or dressing even though it causes one pain.   Iget pain in bed, but it does not prevent me from sleeping well.   Because of pain, my normal night's sleep is reduced by less than one than one quarter.   Because of pain, my normal night's sleep is reduced by less than one than one quarter.   Because of pain, my normal night's sleep is reduced by less than one half.   Because of the pain, I am unable to do some washing and dressing without help.   Because of the pain, I am unable to do some washing or dressing without help.   Because of the pain, I am unable to do any washing or dressing without help.   Pain prevents me from lifting heavy weights without extra pain.   I can lift heavy weights, but it causes extra pain.   Pain prevents me from lifting heavy weights off the floor.   Pain prevents me from lifting heavy weights off the floor.   Pain prevents me from lifting heavy weights, but I can manage lift to medium weights if they are conveniently positioned.   Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.   Pain prevents me from walking any distance.   Pain prevents me from walking any distance.   Pain prevents me from walking more than 1/2 mile.   Pain prevents me from walking more than 1/2 mile.   I get no pain while traveling, but none of my usual forms of travel make it any worse.   I get extra pain while traveling which compels me to seek alternative forms of travel.   Pain prevents me from walking more than 1/2 mile.   I get no pain while traveling which compels me to seek alternative forms of travel.   Pain prevents me from walking more than 1/2 mile.   I get no pain while traveling which compels me to seek alternative forms of travel.   Pain prevents me from sitting more than 1/2 hour.   Pain prevents me from sitting more than 1/2 hour.   Pain prevents me from sitting more than 1/2 hour.   Pain prevents me from sitting more than 1/2 hour.   Pain prevents me from sitting more than 1/2     |                    |  |      |   |  |
| Social Life    Because of pain, my normal night's sleep is reduced by less than one than one quarter.  |                    | I would not have to change my way of washing or dressing in order to avoid pain. |      | I get no pain in bed.   |  |
| Washing and dressing increases the pain, but I manage not to change my way of doing it.   Because of the pain, I am unable to do some washing and dressing without help.   Because of the pain, I am unable to do some washing and dressing without help.   Because of the pain, I am unable to do some washing and dressing without help.   Because of the pain, I am unable to do any washing or dressing without help.   Because of the pain, I am unable to do any washing or dressing without help.   Washing and dressing increases the pain and I find it necessary to change my way of doing it.   Because of pain, my normal night's sleep is reduced by less than three-quarters.   Because of pain, my normal night's sleep is reduced by less than three-quarters.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than one-half.   Because of pain, my normal night's sleep is reduced by less than three-quarters.   Because of pain, my normal night's sleep is reduced by less than three-half.   Because of the pain.   Because of the pain.   Pain prevents me from sliting heavy weights of the floor.   Pain prevents me from litting heavy weights of the floor.   Pain prevents me from litting heavy we    |                    |  |      | I get pain in bed, but it does not prevent me from sleeping well.       |  |
| Washing and dressing increases the pain and I find it necessary to change my way of doing it.   Because of the pain, I am unable to do some washing and dressing without help.   Because of the pain, I am unable to do any washing or dressing without help.   Because of the pain, I am unable to do any washing or dressing without help.   Description of the pain of th   |                    | ·  |      |   |  |
| Because of the pain, I am unable to do some washing and dressing without help.  Because of the pain, I am unable to do any washing or dressing without help.  Lifting  I can lift heavy weights without extra pain.  Pain prevents me from lifting heavy weights off the floor.  Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, eg. on a table.  Pain prevents me from lifting heavy weights, but It can manage light to medium weights if they are conveniently positioned.  I can only lift very light weights, at the most.  Wakking  Pain prevents me from walking any distance.  Pain prevents me from walking more than 1/2 mile.  Pain prevents me from walking more than 1/4 mile.  I can only walk while using a cane or on crutches.  I can sit in any chair as long as I like without pain.  I can only sit in my favorite chair as long as I like.  Pain prevents me from sitting more than 1/2 hour.  Pain prevents me from sitt |                    | Washing and dressing increases the pain and I find it necessary to change my     |      |   |  |
| Because of the pain, I am unable to do any washing or dressing without help.   Diffing   | П                  | , ,  |      |   |  |
| Can lift heavy weights without extra pain.   Can lift heavy weights, but it causes extra pain.   My social life is normal and gives me no pain.   My social life is normal, but increases the degree of my pain.   My social life is normal, but increases the degree of my pain.   My social life is normal, but increases the degree of my pain.   My social life is normal, but increases the degree of my pain.   My social life is normal, but increases the degree of my pain.   My social life is normal, but increases the degree of my pain.   My social life is normal, but increases the degree of my pain.   My social life is normal, but increases the degree of my pain.   My social life is normal, but increases the degree of my pain.   My social life is normal, but increases the degree of my pain.   My social life is normal, but increases the degree of my pain.   My social life is normal, but increases the degree of my pain.   My social life is normal, but increases the degree of my pain.   My social life is normal, but increases the degree of my pain.   My social life normal, but increases the degree of my pain.   My social life and I do not go out very often.   Pain has restricted my social life and I do not go out very often.   Pain has restricted my social life and I do not go out very often.   Pain has restricted my social life and I do not go out very often.   Pain has restricted my social life and I do not go out very often.   Pain has restricted my social life and I do not go out very often.   Pain has restricted my social life and I do not go out very often.   Pain has restricted my social life and I do not go out very often.   Pain has no settricted my social life and I do not go out very often.   Pain has no settricted my social life and I do not go out very often.   Pain has no settricted my social life and I do not go out very often.   Pain has no settricted my social life and I do not go out very often.   Pain has no settricted my social life and I do not go out very often.   Pain has no settricted my social l   | _                  |  | П    | •   |  |
| I can lift heavy weights, but it causes extra pain.   Pain prevents me from lifting heavy weights off the floor.   Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, eg. on a table.   Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned, eg. 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 only lift very light weights, at the most.   Pain prevents me from walking any distance.   Pain prevents me from walking more than 1/2 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 while using a cane or on crutches.   I am in bed most of the time and have to crawl to the toilet.   Pain prevents all forms of travel.   Pain prevents all forms of travel.   Pain prevents all forms of travel.   Pain prevents all forms of travel except that done lying down.   Pain prevents all forms of travel.   Pain prevents me from sitting more than one hour.   My pain is rapidly getting better.   My pain is neither getting better nor worse.   My pain is gradually worsening.   |                    |  |      |   |  |
| Pain prevents me from lifting heavy weights off the floor.   Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, eg. 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 only lift very light weights, at the most.    Walking   |                    | I can lift heavy weights without extra pain.                                     |      | My social life is normal and gives me no pain.                          |  |
| Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, eg. on a table.   |                    | I can lift heavy weights, but it causes extra pain.                              |      | My social life is normal, but increases the degree of my pain.          |  |
| are conveniently positioned, eg. 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 only lift very light weights, at the most.    Pain has restricted my social life to my home.   I have hardly any social life because of the pain.   Pain has restricted my social life because of the pain.   Pain has restricted my social life because of the pain.   Pain has restricted my social life because of the pain.   Pain has restricted my social life because of the pain.   Pain has restricted my social life because of the pain.   Pain has restricted my social life because of the pain.   Pain has restricted my social life to my home.   Pain has restricted my social life to my home.   Pain has restricted my social life to my home.   Pain has restricted my social life and I do not go out very often.   Pain has restricted my social life and I do not go out very often.   Pain has restricted my social life to my home.   Pain has restricted my social life to my home.   Pain has restricted my social life to my home.   Pain has restricted my social life to my home.   Pain has restricted my social life to my home.   Pain has restricted my social life to my home.   Pain has restricted my social life to my home.   Pain weights if they are conveniently social life to my home.   Pain prevents me from walking and I do not go out very often.   Pain prevents all fems of traveling.   Pain prevents all forms of traveling.   Pain prevents all forms of travel.   Pain prevents all forms of travel.   Pain prevents all forms of travel except that done lying down.   Pain prevents all forms of travel except that done lying down.   Pain prevents me from sitting more than one hour.   My pain is rapidly getting better.   My pain is neither getting better, but improvement is slow at present.   My pain is neither getting better nor worse.   My pain is gradually worsening.  |                    | Pain prevents me from lifting heavy weights off the floor.                       |      | Pain has no significant effect on my social life apart from limiting my |  |
| Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.  I can only lift very light weights, at the most.    Dean only lift very light weights, at the most.    Dean only lift very light weights, at the most.    Dean only lift very light weights, at the most.    Dean only lift very light weights, at the most.    Dean only lift very light weights, at the most.    Dean only lift very light weights, at the most.    Dean only lift very light weights, at the most.    Dean only walking more than one mile.   Dean prevents me from walking more than 1/2 mile.   Dean only walk while using a cane or on crutches.   Dean only walk while using a cane or on crutches.   Dean only walk while using a cane or on crutches.   Dean only walk while using a cane or on crutches.   Dean only walk while using a cane or on crutches.   Dean only walk only lift toos not compel me to seek alternative forms of travel.   Dean only wile traveling, but it does not compel me to seek alternative forms of travel.   Dean only wile traveling which compels me to seek alternative forms of travel.   Dean only sit in any chair as long as I like without pain.   Dean only sit in my favorite chair as long as I like.   Dean prevents me from sitting more than one hour.   Dean prevents me from sitting more than 1/2 hour.   Pain prevents me from sitting more than 1/2 hour.   Pain prevents me from sitting more than 1/2 hour.   Pain prevents me from sitting more than 1/2 hour.   Pain prevents me from sitting more than 1/2 hour.   My pain is neither getting better, but improvement is slow at present.   My pain is neither getting better nor worse.   My pain is gradually worsening.   |                    |  |      |   |  |
| weights if they are conveniently positioned.  I can only lift very light weights, at the most.    I can only lift very light weights, at the most.    Walking  | П                  |  | l    | •   |  |
| Can only lift very light weights, at the most.    Walking  |                    | weights if they are conveniently positioned.                                     | l    | •   |  |
| □ Pain does not prevent me from walking any distance.       □ I get no pain while traveling.         □ Pain prevents me from walking more than one mile.       □ I get some pain while traveling, but none of my usual forms of travel make it any worse.         □ Pain prevents me from walking more than 1/2 mile.       □ I get extra pain while traveling, but it does not compel me to seek alternative forms of travel.         □ I can only walk while using a cane or on crutches.       □ I get extra pain while traveling which compels me to seek alternative forms of travel.         □ I am in bed most of the time and have to crawl to the toilet.       □ Pain restricts all forms of travel.         □ Pain prevents all forms of travel except that done lying down.     Sitting  Changing Degree of Pain  My pain is rapidly getting better.  My pain prevents me from sitting more than one hour.  My pain seems to be getting better, but improvement is slow at present.  My pain seems to be getting better nor worse.  My pain is neither getting better nor worse.  My pain is gradually worsening.  |                    |  |      |   |  |
| □ Pain prevents me from walking more than one mile.       □ I get some pain while traveling, but none of my usual forms of travel make it any worse.         □ Pain prevents me from walking more than 1/2 mile.       □ I get extra pain while traveling, but it does not compel me to seek alternative forms of travel.         □ I can only walk while using a cane or on crutches.       □ I get extra pain while traveling which compels me to seek alternative forms of travel.         □ I am in bed most of the time and have to crawl to the toilet.       □ Pain restricts all forms of travel.         □ Pain prevents all forms of travel except that done lying down.             Sitting       Changing Degree of Pain         □ I can sit in any chair as long as I like without pain.       □ My pain is rapidly getting better.         □ I can only sit in my favorite chair as long as I like.       □ My pain fluctuates, but overall is definitely getting better.         □ Pain prevents me from sitting more than one hour.       □ My pain seems to be getting better, but improvement is slow at present.         □ Pain prevents me from sitting more than 1/2 hour.       □ My pain is neither getting better nor worse.         □ Pain prevents me from sitting more than ten minutes.       □ My pain is gradually worsening.  | Wa                 | •  | Tra  | •   |  |
| Pain prevents me from walking more than 1/2 mile. Pain prevents me from walking more than 1/4 mile. I can only walk while using a cane or on crutches. I am in bed most of the time and have to crawl to the toilet.    I get extra pain while traveling, but it does not compel me to seek alternative forms of travel.   I get extra pain while traveling which compels me to seek alternative forms of travel.   Pain restricts all forms of travel.   Pain prevents all forms of travel except that done lying down.    Sitting  |                    |  |      |   |  |
| Pain prevents me from walking more than 1/4 mile.   I get extra pain while traveling, but it does not compel me to seek alternative forms of travel.   I get extra pain while traveling which compels me to seek alternative forms of travel.   I get extra pain while traveling which compels me to seek alternative forms of travel.   Pain prevents all forms of travel except that done lying down.      Sitting   |                    | Pain prevents me from walking more than one mile.                                |      |   |  |
| alternative forms of travel.  I can only walk while using a cane or on crutches.  I am in bed most of the time and have to crawl to the toilet.  Pain prevents all forms of travel.  Pain prevents all forms of travel.  Pain prevents all forms of travel except that done lying down.  Changing Degree of Pain  Changing Degree of Pain  My pain is rapidly getting better.  My pain fluctuates, but overall is definitely getting better.  Pain prevents me from sitting more than one hour.  Pain prevents me from sitting more than 1/2 hour.  My pain is gradually worsening.  |                    | · · · · · · · · · · · · · · · · · · ·  |      | •   |  |
| □ I can only walk while using a cane or on crutches.       □ I get extra pain while traveling which compels me to seek alternative forms of travel.         □ Pain restricts all forms of travel.       □ Pain prevents all forms of travel except that done lying down.         Sitting       Changing Degree of Pain         □ I can sit in any chair as long as I like without pain.       □ My pain is rapidly getting better.         □ I can only sit in my favorite chair as long as I like.       □ My pain fluctuates, but overall is definitely getting better.         □ Pain prevents me from sitting more than one hour.       □ My pain seems to be getting better, but improvement is slow at present.         □ Pain prevents me from sitting more than 1/2 hour.       □ My pain is neither getting better nor worse.         □ Pain prevents me from sitting more than ten minutes.       □ My pain is gradually worsening.  |                    | · · · · · · · · · · · · · · · · · · ·  |      |   |  |
| Tam in bed most of the time and have to crawl to the tollet.   |                    | •  |      |   |  |
| Pain prevents all forms of travel except that done lying down.    Changing Degree of Pain     I can sit in any chair as long as I like without pain.     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 1/2 hour.     Pain prevents me from sitting more than ten minutes.     My pain is gradually worsening.     My pain is gradually worsening.     My pain is gradually worsening.     Pain prevents me from sitting more than ten minutes.     Pain prevents me from sitting more than ten minutes.     My pain is gradually worsening.   |                    | I am in bed most of the time and have to crawl to the toilet.                    |      | forms of travel.  |  |
| Sitting       Changing Degree of Pain         □ I can sit in any chair as long as I like without pain.       □ My pain is rapidly getting better.         □ I can only sit in my favorite chair as long as I like.       □ My pain fluctuates, but overall is definitely getting better.         □ Pain prevents me from sitting more than one hour.       □ My pain seems to be getting better, but improvement is slow at present.         □ Pain prevents me from sitting more than 1/2 hour.       □ My pain is neither getting better nor worse.         □ Pain prevents me from sitting more than ten minutes.       □ My pain is gradually worsening.   |                    |  |      |   |  |
| □ I can sit in any chair as long as I like without pain.       □ My pain is rapidly getting better.         □ I can only sit in my favorite chair as long as I like.       □ My pain fluctuates, but overall is definitely getting better.         □ Pain prevents me from sitting more than one hour.       □ My pain seems to be getting better, but improvement is slow at present.         □ Pain prevents me from sitting more than 1/2 hour.       □ My pain is neither getting better nor worse.         □ Pain prevents me from sitting more than ten minutes.       □ My pain is gradually worsening.   | Sitting            |  | Cha  |   |  |
| <ul> <li>□ I can only sit in my favorite chair as long as I like.</li> <li>□ Pain prevents me from sitting more than one hour.</li> <li>□ Pain prevents me from sitting more than 1/2 hour.</li> <li>□ Pain prevents me from sitting more than 1/2 hour.</li> <li>□ My pain fluctuates, but overall is definitely getting better.</li> <li>□ My pain seems to be getting better, but improvement is slow at present.</li> <li>□ My pain is neither getting better nor worse.</li> <li>□ My pain is gradually worsening.</li> </ul>   | -                  |  |      |   |  |
| <ul> <li>□ Pain prevents me from sitting more than one hour.</li> <li>□ Pain prevents me from sitting more than 1/2 hour.</li> <li>□ Pain prevents me from sitting more than 1/2 hour.</li> <li>□ Pain prevents me from sitting more than ten minutes.</li> <li>□ My pain seems to be getting better, but improvement is slow at present.</li> <li>□ My pain is neither getting better nor worse.</li> <li>□ My pain is gradually worsening.</li> </ul>  |                    |  | l    |   |  |
| <ul> <li>□ Pain prevents me from sitting more than 1/2 hour.</li> <li>□ Pain prevents me from sitting more than ten minutes.</li> <li>□ My pain is neither getting better nor worse.</li> <li>□ My pain is gradually worsening.</li> </ul>   |                    | •  |      |   |  |
| □ Pain prevents me from sitting more than ten minutes. □ My pain is gradually worsening.   |                    | •  | l    |   |  |
|  |                    |  |      |   |  |
|  |                    | Pain prevents me from sitting more than terriminates.                            |      | My pain is gradually worsening.   |  |