

Name _____
Address _____
Date of Birth _____ Age _____
Occupation _____
How long have you had back pain?: _____ years _____ months _____ weeks
How long have you have neck pain?: _____ years _____ months _____ weeks

Section ONE- Pain Intensity

- I can tolerate the pain without using pain killers
- The pain is bad, but I can manage without taking pain killers
- Pain killers give me complete relief from pain
- Pain killers give me moderate relief from pain
- Pain killers give me very little relief from pain
- Pain killers have no effect on the pain and I do not use them

Section TWO- Personal Care(washing, dressing, etc.)

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

Section THREE- Lifting

- I can lift heavy weights without extra pain
- I can lift heavy weights but it causes extra pain
- Pain prevents me from from lifting heavy weights off the floor, but I can manage if they are conventionally positioned
- I can lift only very light weights
- I cannot lift or carry anything at all

Section FOUR- Walking

- Pain does not prevent me from walking any distance
- Pain prevents me from walking more than one mile
- Pain prevents me from walking more than 1/2 a mile
- Pain prevents me from walking more than 1/4 a mile
- I can walk only using a crutch or cane
- I am in bed most of the time and need assistance to walk otherwise

Section FIVE- 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 more than one hour
- Pain prevents me from sitting more then 1/2 an hour
- Pain prevents me from sitting more than 10 minutes
- Pain prevents me from sitting at all

Section SIX- Standing

- I can stand as long as I want without extra pain
- I can stand as long as I want but it causes me extra pain
- Pain prevents me from standing more than one hour
- Pain prevents me from standing more than 1/2 an hour
- Pain prevents me from standing more than 10 minutes
- Pain prevents me from standing at all

Section SEVEN- Sleeping

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

Section EIGHT- Sex & Social Life

- My sex life is normal and causes no extra pain
- My sex life is normal but increases the degree of pain
- Pain has no significant effect on my social life apart from limiting my more energetic interests
- Pain has restricted my social life and I do not go out as often
- Pain has restricted my social life to my home
- I have no social life due to pain

Section NINE- Traveling

- I can travel anywhere without extra pain
- I can travel anywhere but it causes me extra pain
- Pain is bad but I manage journeys over 2 hours
- Pain is bad but I manage journeys of less than one hour
- Pain restricts me to short necessary journeys of less than 1/2 an hour
- Pain prevents me from traveling except to the Doctor or Hospital

Comments:
