

HOW BAD IS YOUR PAIN NOW?

Please make an "X" along the line to show how far from normal toward the worst possible situation your pain has taken you.

1. How bad is your back pain now?

no pain _____ worst possible

2. How bad is your leg pain now?

no pain _____ worst possible

3. How bad is your pain at night?

no pain _____ worst possible

4. Does the pain interfere with your lifestyle?

no problem _____ total change in lifestyle

5. How good are pain killers for your pain?

complete relief _____ no relief

6. How stiff is your back?

no stiffness _____ worst possible stiffness

7. Does your pain interfere with walking?

no problem _____ cannot walk

8. Do you hurt when walking?

no pain _____ worst possible pain

9. Does your pain keep you from standing still?

stand as long as I want _____ cannot stand at all

10. Does your pain keep you from twisting?

no problem _____ cannot twist

11. Does your pain allow you to sit in an upright hard chair?

sit as long as I like _____ cannot use a hard chair at all

12. Does your pain allow you to sit in a soft chair?

sit as long as I like _____ cannot use a soft chair at all

13. Do you have back pain when lying in bed?

no pain _____ no relief at all

14. How much does your pain limit your normal lifestyle?

no limit _____ cannot do anything

15. Does your pain interfere with your work?

no problem _____ cannot do anything

16. How much have you had to change your work place because of back pain?

no change _____ so much that I cannot keep a job