Name:		Date:/	
in rea	is questionnaire has been designed to give your therapist infor every day life. Please answer every question by placing a mar alize you may feel that two of the statements may describe you scribes your current condition.	k in	
Pa	in Intensity	Sta	anding
	I can tolerate the pain I have without having to use pain		I can stand as long as I want without increased pain.
	medication.		I can stand as long as I want but increases my pain.
	The pain is bad but I can manage without having to take pain		Pain prevents me from standing more than 1 hour.
	medication.		Pain prevents me from standing more than ½ hour.
	Pain medication provides me complete relief from pain.		Pain prevents me from standing more than 10 minutes.
	Pain medication provides me with moderate relief from pain.		Pain prevents me from standing at all.
	Pain medication provides me with little relief from pain. Pain medication has no affect on my pain.	Sle	eping
	Tain incarcation has no affect on my pain.		Pain does not prevent me from sleeping well.
Pe	rsonal Care (Washing, Dressing etc.)		I can sleep well only by using pain medication.
	I can take care of myself normally without causing increased pain.		Even when I take pain medication, I sleep less than 6 hours.
	I can take care of myself normally but it increases my pain.		Even when I take pain medication, I sleep less than 4 hours.
	It is painful to take care of myself and I am slow and careful.		Evens when I take pain medication, I sleep less than 2 hours.
	I need help but I am able to manage most of my personal care		Pain prevents me from sleeping at all.
	I need help every day in most aspects of my care.		
	I do not get dressed, wash with difficulty and stay in bed.	Soc	cial Life
т :4	** <i>~</i>		My social life is normal and does not increase my pain.
_	Iting I can lift heavy weights without increased pain.		My social life is normal, but it increases my level of pain.
	I can lift heavy weights but it causes increased pain.		Pain prevents me from participating in more energetic activities (ex.
	Pain prevents me from lifting heavy weights off the floor, but I		sports, dancing etc.)
	can manage if the weights are conveniently positioned (ex. on a		Pain prevents me from going out very often. Pain has restricted my social life to my home.
	table).		I have hardly any social life because of my pain.
	Pain prevents me from lifting heavy weights, but I can manage		Thave hardry any social me because of my pain.
	light to medium weights if they are conveniently positioned.	Tra	aveling
	I can lift only very light weights.		I can travel anywhere without increased pain.
	I can not lift or carry anything at all.		I can travel anywhere but it increases my pain.
137.	alling		My pain restricts travel over 2 hours.
VV 2	alking Pain does not prevent me from walking any distance.		My pain restricts my travel over 1 hour.
	Pain prevents me from walking more than 1 mile.		My pain restricts my travel to short necessary journeys under ½ hour.
	Pain prevents me from walking more than ½ mile		My pain prevents all travel except for visits to the doctor/therapist or
	Pain prevents me from walking more than ½ mile.		hospital.
	I can only walk with crutches or a cane.	Fm	nployment/Homemaking
	I am in bed most of the time and have to crawl to the toilet.		My normal homemaking/job activities do not cause pain.
			My normal homemaking/job activities increase my pain, but I can still
Sit	ting		perform all that is required of me.
	I can sit in any chair as long as I like.		I can perform most of my homemaking/job duties, but pain prevents
	I can only sit in my favorite chair as long as I like.		me from performing more physically stressful activities (ex. lifting,
	Pain prevents me from sitting for more than 1 hour.		vacuuming)
	Pain prevents me from sitting for more than ½ hour.		Pain prevents me from doing anything but light duties.
	Pain prevents me from sitting for more than 10 minutes.		Pan prevents me from doing even light duties.
	Pain prevents me from sitting at all.		Pain prevents me from performing any job or homemaking chores.