

NAME:

DATE:

**CLINICAL BACK PAIN QUESTIONNAIRE**

**In the boxes below, select the appropriate statements.**

Question						
1. In the last two weeks, for how many days did you suffer pain in the back or leg(s)?	None at all.	Between 1 and 5 days.	Between 1 and 10 days.	For more than 10 days.		
2. On the worst day during the last two weeks, how many pain killing tablets did you take?	None at all.	Less than 4 tablets.	Between 4 & 8 tablets.	Between 9 & 12 tablets.	More than 12.	
3. Is the pain made worse by any of the following? (Select all that apply)	Coughing	Sneezing	Sitting	Standing	Bending	Walking
4. Do any of the following movements ease the pain (Select all that apply)	Lying down	Sitting down	Standing	Walking		
5. In your right leg, do you have any pain in the following areas? (Select all that apply)	Pain in the buttock	Pain in the thigh	Pain in the shin/calf	Pain in the foot/ankle		
6. In your left leg, do you have any pain in the following areas? (Select all that apply)	Pain in the buttock	Pain in the thigh	Pain in the shin/calf	Pain in the foot/ankle		
7. Do you have any loss of feeling in your legs?	No.	Yes, just one leg.	Yes, both legs.			
8. In your right leg, do you have any weakness or loss of power in the following areas? (Select all that apply)	The hip	The knee	The ankle	The foot		
9. In your left leg, do you have any weakness or loss of power in the following areas? (Select all that apply)	The hip	The knee	The ankle	The foot		
10. If you were to try and bend forwards without bending your knees, how far down do you think you could bend before the pain stopped you?	I could touch the floor	I could touch my ankles with the tips of my fingers	I could touch my thighs with the tips of my fingers.	I couldn't bend forward at all		
11. On the worst night during the last two weeks, how badly was your sleep affected by pain?	Not affected at all.	I didn't lose any sleep but needed tablets	It prevented me from sleeping but I slept more than 4 hours.	I only had 2-4 hours of sleep.	I had less than 2 hours of sleep.	
12. On the worst day during the last two weeks, did the pain interfere with your ability to sit down?	I was able to sit in any chair as long as I liked.	I could only sit in my favorite chair as long as I liked.	Pain prevented me from sitting more than 1 hours.	Pain prevented me from sitting more than 30 minutes.	Pain prevented me from sitting more than 15 minutes	Pain prevented me from sitting at all.
13. On the worst day during the last two weeks, did the pain interfere with your ability to stand?	I could stand as long as I wanted without extra pain	I could stand as long as I wanted but it gave me extra pain	Pain prevented me from standing more than 1 hour.	Pain prevented me from standing more than 30 minutes	Pain prevented me from standing more than 15 minutes.	Pain prevented me from standing at all.

14. On the worst day during the last two weeks, did the pain interfere with your ability to walk?	Pain did not prevent me walking any distance	Pain prevented me from walking more than 1 mile.	Pain prevented me walking more than ½ mile.	Pain prevented me walking more than ¼ mile.	I can walk but less than ¼ mile.	I was unable to walk at all.
15. In the last two weeks, did the pain prevent you from carrying out your work/housework and other daily activities?	No, not at all.	I could continue with my work, but my work suffered.	Yes, for one day.	Yes, for 2-6 days.	Yes, for more than 7 days.	
16. In the last two weeks, for how many days have you had to stay in bed because of pain?	Not at all.	Between 1 and 5 days	Between 6 and 10 days	For more than 10 days.		
17. In the last two weeks, has your sex life been affected by your pain?	Not affected by the pain.	Mildly affected by the pain.	Moderately affected by the pain.	Pain prevents any sex life at all.	Does not apply.	
18. In the last two weeks, have your leisure activities been affected by your pain? (including sports, hobbies, and social life)	Not affected by the pain.	Mildly affected by the pain	Moderately affected by the pain	Severely affected by the pain.	Pain prevents any social life at all.	
19. In the last 2 weeks, has the pain interfered with your ability to look after yourself, eg. washing, dressing, etc?	Not at all.	Because of the pain, I needed some help looking after myself	Because of the pain, I needed a lot of help looking after myself.	Because of the pain, I could not look after myself at all.		