# Lower Extremity Functional Index

We are interested in knowing whether you are having any difficulty at all with the activities listed below <u>because of your lower limb</u> problem for which you are currently seeking attention. Please provide an answer for each activity.

# Today, <u>do you</u> or <u>would you</u> have any difficulty at all with:

(Circle one number on each line)

Activities	Extreme Difficulty or unable to perform activity	Quite a bit of difficulty	Moderate difficulty	A little bit of difficulty	No difficulty
a. Any of your usual work, housework or school activities.	0	1	2	3	4
b. Your usual hobbies, recreational or sporting activities	0	1	2	3	4
c. Getting into or out of the bath.	0	1	2	3	4
d. Walking between rooms.	0	1	2	3	4
e. Putting on your shoes or socks.	0	1	2	3	4
f. Squatting.	0	1	2	3	4
g. Lifting an object, like a bag of groceries from the floor.	0	1	2	3	4
h. Performing light activities around your home.	0	1	2	3	4
i. Performing heavy activities around your home.	0	1	2	3	4
j. Getting into or out of a car.	0	1	2	3	4
k. Walking 2 blocks.	0	1	2	3	4
I. Walking a mile.	0	1	2	3	4
m. Going up or down 10 stairs (about 1 flight of stairs).	0	1	2	3	4
n. Standing for 1 hour.	0	1	2	3	4
o. Sitting for 1 hour.	0	1	2	3	4
p. Running on even ground.	0	1	2	3	4
q. Running on uneven ground.	0	1	2	3	4
r. Making sharp turns while running fast.	0	1	2	3	4
s. Hopping.	0	1	2	3	4
t. Rolling over in bed.	0	1	2	3	4
COLUMN TOTALS					

### The Revised Oswestry Disability Index (for low back pain/dysfunction)

#### Patient name: File #\_\_\_\_\_ \_ Date:\_

This questionnaire has been designed to give the doctor information as to how your back pain has affected your ability to manage everyday life. Please answer every section and mark in each section only the ONE box that applies to you. We realize that you may consider that two of the statements in any one section relate to you, but please just mark the box that most closely describes your problem.

#### SECTION 1-PAIN INTENSITY

- The pain comes and goes and is very mild.
- The pain is mild and does not vary much.
- The pain comes and goes and is moderate.
- The pain is moderate and does not vary much.
- The pain comes and goes and is very severe.
- The pain is severe and does not vary much.

#### SECTION 2-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.
- 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.
- 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 and dressing without help.

### SECTION 3-LIFTING

- I can lift 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, but I manage if they are conveniently positioned (e.g., on a table).
- 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 if they are conveniently positioned.
- I can only lift very light weights at the most.

#### SECTION 4-WALKING

- I have no pain on walking.
- I have some pain on walking, but it does not increase with distance.
- I cannot walk more than one mile without increasing pain.
- I cannot walk more than 1/2 mile without increasing pain.
- I cannot walk more than 1/4 mile without increasing pain.
- □ I cannot walk at all without increasing pain.

#### SECTION 5-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 than 1/2 hour.
- Pain prevents me from sitting more 10 minutes.
- I avoid sitting because it increases pain right away.

#### SECTION 6-STANDING

- I can stand as long as I want without pain.
- I have some pain on standing, but it does not increase with time.
- 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 10 minutes without increasing pain.
- I avoid standing because it increases the pain right away.

#### SECTION 7-SLEEPING

- I get no pain in bed.
- I get 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 1/4.
- Because of pain, my normal night's sleep is reduced by less than 1/2.
- Because of pain, my normal night's sleep is reduced by less than 3/4.
- Pain prevents me from sleeping at all.

#### SECTION 8-SOCIAL LIFE

- My social life is normal and gives me no pain.
- My social 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, e.g., dancing, etc.
- Pain has restricted my social life and I do not go out very often.
- Pain has restricted my social life to my home.
- I have hardly any social life because of the pain.

#### SECTION 9-TRAVELLING

- I get no pain while travelling.
- I get some pain while travelling, but none of my usual forms of travel makes it any worse.
- I get extra pain while travelling, but it does not compel me to seek alternative forms of travel.
- I get extra pain while travelling, 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.

#### SECTION 10-CHANGING DEGREE OF PAIN

- My pain is rapidly getting better.
- My pain fluctuates, but is definitively getting better.
- My pain seems to be getting better, but improvement is slow at present.
- My pain is neither getting better nor worse.
- My pain is gradually worsening.
- My pain is rapidly worsening.

Instructions:

1. This is a self-report questionnaire: the patient is instructed to fill it out.

2. The patient follows the general instructions given at the top of the questionnaire.

3. Each section must be completed. If the patient leaves one blank, instruct them to complete the form. It must be completed in one sitting.

4. Each section has 6 possible answers. Statement 1 is graded as 0 points; statement 6 is graded as 5 points. A total score of 50 is thus possible and would indicate 100% disability. So, for example, a total score of 10 of a possible 50 would constitute a 20% disability.

5. The following interpretation of disability scores is excerpted from the developers of the Oswestry system (457):

0%-20%: Minimal disability

This group can cope with most living activities. Usually no treatment is indicated, apart from advice on lifting, sitting posture, physical fitness, and diet. In this group some patients have particular difficulty with sitting, and this may be important if their occupation is sedentary, e.g., a typist or lorry [truck] driver.

20%-40% Moderate disability

This group experiences more pain and problems with sitting, lifting, and standing. Travel and social life are more difficult and they may well be off work. Personal care, sexual activity<sup>\*</sup>, and sleeping are not grossly affected, and the back condition can usually be managed by conservative means.

40%-60%: Severe disability

Pain remains the main problem in this group of patients, but travel, personal care, social life, sexual activity\*, and sleep are also affected. These patients require detailed investigation.

60%-80%: Crippled

Back pain impinges on all aspects of these patients' lives-both at home and at work-and positive intervention is required.

80%-100%

These patients are either bed-bound or exaggerating their symptoms. This can be evaluated by careful observation of the patient during medical examination.

6. It is recommended that clinicians focus their discussions of the results with patients in positive terms, rather than reporting disability scores. For example, point out the 10% improvement on a subsequent test.

\* Note: in the revised Oswestry, sex life questions were replaced with recreation questions.

## NECK PAIN DISABILITY INDEX QUESTIONNAIRE

*PLEASE READ*: This questionnaire is designed to enable us to understand how much your neck pain has affected your ability to manage your everyday activities. Please answer each section by circling the ONE CHOICE that most applies to you. We realize that you may feel that more than one statement may relate to you, but *PLEASE JUST CIRCLE THE ONE*. *CHOICE WHICH MOST CLOSELY DESCRIBES YOUR PROBLEM RIGHT NOW*.

A I have no pain at the moment.       A I can concentrate fully when I want to with no difficulty.         B The pain is very mild at the moment.       B I can concentrate fully when I want to with slight difficulty.         C The pain is furly severe at the moment.       B I can concentrate fully when I want to with slight difficulty.         D The pain is furly severe at the moment.       D I have a fair degree of difficulty in concentrating when I want to.         F The pain is the worst imaginable at the moment.       D I have a fair degree of difficulty in concentrating when I want to.         SECTION 2 - Personal Care (Washing, Dressing, etc.)       SECTION 7 - Work         A I can look after myself normally without causing extra pain.       B I can old as a nuch ork as I want to.         D recet some help, but manage most of my personal care.       F I cannot draw my usual work, but no more.         C I tap adini to look after myself and I am slow and careful.       D I can ond not gut usual work, but no more.         D recet some help, but manage most of my personal care.       F I cannot draw my usual work, but no more.         E I ach diffy do any work at all.       F I cannot draw my car without any neck pain.         B I can lift heavy weights with difficulty and stay in bed.       SECTION 8 - Driving         A I can draw my car as long as I want with slight pain in my neck.       F I cannot draw my car as long as I want with moderate pain in my neck.         P I cannot five my read smuch as I want to with nop pain in my n	SECTION 1 Dain Latourity	SECTION 6 - Concentration
B The pain is very mild at the moment.       B I can concentrate fully when I want to with slight difficulty.         C The pain is fairly severe at the moment.       C Have a fair degree of difficulty in concentrating when I want to.         F The pain is very severe at the moment.       E Have a fair degree of difficulty in concentrating when I want to.         F The pain is very severe at the moment.       F I cannot concentrate at all.         SECTION 2 - Personal Care (Washing, Dressing, etc.)       SECTION 7 - Work         A I can look after myself normally, but it causes extra pain.       B I can only do my usual work, but no more.         C I take paint to look after myself and I am slow and careful.       D I taced some thelp, but manage most of my personal care.         E I deed help, but manage most of my personal care.       E I can do do as much work at all.         F I do not get dressed, I vash with difficulty and stay in hed.       F I cannot do any much work at all.         SECTION 3 - Lifting       SECTION 8 - Driving         A I can firk enzy weights, but it gives extra pain.       B I can drive my car as long as I want with slight pain in my neck.         F I cannot they weight a more intigh heavy weights, but I dign eaving weights of the floor, but I and trive my car as long as I want with moderate pain in my neck.         F I cannot thilf or carry my thing at all.       SECTION 9 - Sleeping         A I can read as much as I want to with no pain in my neck.       E I cannot drive my car at all.	SECTION 1 - Pain Intensity	SECTION 6 - Concentration
B The pain is very mild at the moment.       B I can concentrate fully when I want to with slight difficulty.         C The pain is fairly severe at the moment.       C Have a fair degree of difficulty in concentrating when I want to.         F The pain is very severe at the moment.       E Have a fair degree of difficulty in concentrating when I want to.         F The pain is very severe at the moment.       F I cannot concentrate at all.         SECTION 2 - Personal Care (Washing, Dressing, etc.)       SECTION 7 - Work         A I can look after myself normally, but it causes extra pain.       B I can only do my usual work, but no more.         C I take paint to look after myself and I am slow and careful.       D I taced some thelp, but manage most of my personal care.         E I deed help, but manage most of my personal care.       E I can do do as much work at all.         F I do not get dressed, I vash with difficulty and stay in hed.       F I cannot do any much work at all.         SECTION 3 - Lifting       SECTION 8 - Driving         A I can firk enzy weights, but it gives extra pain.       B I can drive my car as long as I want with slight pain in my neck.         F I cannot they weight a more intigh heavy weights, but I dign eaving weights of the floor, but I and trive my car as long as I want with moderate pain in my neck.         F I cannot thilf or carry my thing at all.       SECTION 9 - Sleeping         A I can read as much as I want to with no pain in my neck.       E I cannot drive my car at all.	A I have no nois at the moment	A Lean concentrate fully when I want to with no difficulty
C The pain is moderate at the moment.       C T have a fair degree of difficulty in concentrating when I want to.         D The pain is very sever at the moment.       D Have a lot of difficulty in concentrating when I want to.         F The pain is very sever at the moment.       D Have a lot of difficulty in concentrating when I want to.         F The pain is twey sever at the moment.       F Lawve a prest difficulty in concentrating when I want to.         SECTION 2 - Personal Care (Washing, Dressing, etc.)       SECTION 7 - Work         A I can look after myself normally, but it causes extra pain.       B I can olly do my usual work, but no more.         D I need some help, but manage most of my personal care.       E I can analy do my usual work, tall.         F I do not get dressed, I wash with difficulty and stay in bed.       F I cannot if any wore at all.         SECTION 3 - Lifting       SECTION 8 - Driving         A I can fly beray weights, but it gives extra pain.       B I can ally drey and any work at all.         SECTION 4 - Reading       A I can drive my car without any meck.         D Pain prevents me from lifting heavy weights off the floor, but I       C I cannot drive my car as long as I want with moderate pain in my neck.         F I cannot if or carry anything at all.       SECTION 4 - Reading         A I car nead as much as I want to with moderate pain in my neck.       F I cannot tread as much as I want because of moderate pain in my neck.         B I carn and as much as I wan		
D The pain is fairly severe at the moment.       D Thave a lot of difficulty in concentrating when I want to.         F The pain is the worst imaginable at the moment.       F The pain is the worst imaginable at the moment.         F The pain is the worst imaginable at the moment.       F The pain is the worst imaginable at the moment.         F The pain is the worst imaginable at the moment.       F The pain is the worst imaginable at the moment.         F The pain is the worst imaginable at the moment.       F The pain is the worst imaginable at the moment.         F The pain is the worst imaginable at the moment.       F The pain is the worst imaginable at the moment.         F The pain is the worst imaginable at the moment.       F The pain is the worst imaginable at the moment.         F The pain is the worst imaginable at the moment.       F The pain is the worst imaginable at the moment.         F The pain is the worst imaginable at the moment.       F The pain is the work as I want to.         F The pain is the worst imaginable at the moment.       F The pain is the work as I want to with sight pain in my neck.         F To and if the pare conveniently positioned.       F Te cannot don any work at all.         SECTION 3 - Lifting       A Te an drive my car as long as I want with moderate pain in my neck.         F Te annot the ord as much as I want to with no pain in my neck.       C Te and trive my car as long as I want with moderate pain in my neck.         F Te cannot read as much as I want to with mogani in my neck.		
E The pain is very sever at the moment.       E I have a great deal of difficulty in concentrating when I want to.         F The pain is he worst imaginable at the moment.       F I cannot othe work at all.         SECTION 2 - Personal Care (Washing, Dressing, etc.)       SECTION 7 - Work         A I can look after myself normally without causing extra pain.       B I can only do my usual work, but no more.         D I need some help, but manage most of my personal Care.       E I can admity do my usual work, but no more.         D need some help, but manage most of my personal Care.       E I can admity do any work at all.         F I do not get dressed. I wash with difficulty and stay in bed.       F I cannot foo any work at all.         SECTION 3 - Lifting       SECTION 8 - Driving         A I can fift heavy weights without extra pain.       B I can ifth heavy weights without extra pain.         B I can ift heavy weights without extra pain.       B I can off we my car as long as I want with moderate pain in my neck.         C Pain prevents me from lifting heavy weights, but I can manage ight to modium weights if they are conveniently positioned, for example, on a table.       D I cannot drive my car as long as I want because of moderate pain in my neck.         E I cannift wery light weights.       E I can if wery light weights.       E I can hardly dointy dive at all because of severe pain in my neck.         B I cara read as much as I want to with moderate pain in my neck.       F I cannot fread as much as I want to with moderate pain in my neck.		
F The pain is the worst imaginable at the moment.       F I cannot concentrate at all.         SECTION 2 - Personal Care (Washing, Dressing, etc.)       SECTION 2 - Nork         A I can look after myself normally without causing extra pain.       SECTION 7 - Work         B I can look after myself and I am slow and careful.       I can old was much work as I want to.         D I need some help, but manage most of my personal care.       I can old work on y usual work, but no more.         C I tap and help, but manage most of my personal care.       I cannot div on y usual work.         B I can olly do any work at all.       F I cannot do any work at all.         SECTION 3 - Lifting       SECTION 3 - Lifting         A I can lift heavy weights without extra pain.       B I can drive my car as long as I want with moderate pain in my neck.         C Pain prevents me from lifting heavy weights, but I gives extra pain.       B I can andriv or my car as long as I want with moderate pain in my neck.         D Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.       F I cannot drive my car as long as I want because of moderate pain in my neck.         SECTION 4 - Reading       SECTION 4 - Reading       SECTION 9 - Sleeping.         A I can read as much as I want to with modrate pain in my neck.       B I man able to engage in all of my recreational activities with no neck in allo they sleep is sightly disturbed (3-5 hours sleepless).         E I cannot read at all.		
SECTION 2 - Personal Care (Washing, Dressing, etc.)       SECTION 7 - Work         A I can look after myself normally, without causing extra pain.       B I can noly do my usual work, but no more.         D I to painfill to look after myself not I mus dow and careful.       C I can do mot of my usual work, but no more.         D I need some help, but manage most of my personal care.       E I can hold do any work at all.         F I do not get dressed, I wash with difficulty and stay in bed.       F I cannot do my usual work, but no more.         SECTION 3 - Lifting       SECTION 8 - Driving         A I can lift heavy weights without extra pain.       F I cannot do any work at all.         SECTION 3 - Lifting       A I can drive my car as long as I want with slight pain in my neck.         D Pain prevents me from lifting heavy weights, but I can manage if they are conveniently positioned.       C I can drive my car as long as I want two moderate pain in my neck.         E I cannot fift or carry anything at all.       SECTION 4 - Reading         A I can read as much as I want to with no pain in my neck.       E I cannot read as much as I want to with slight pain in my neck.         D I cannot read as much as I want because of severe pain in my neck.       M y sleep is slightly disturbed (less than 1 hour sleepless).         C I can aread as much as I want to with moderate pain in my neck.       M y sleep is moderately disturbed (less than 1 hour sleepless).         D I cannot read as much as I want because of severe pain in my neck. <td></td> <td></td>		
<ul> <li>A I can look after myself normally without causing extra pain.</li> <li>B I can look after myself normally, but it causes extra pain.</li> <li>C I is painful to look after myself and I am slow and careful.</li> <li>D I need some help, but manage most of my personal care.</li> <li>I can of the person day in most aspects of self care.</li> <li>F I do not get dressed, I wash with difficulty and stay in bed.</li> <li>SECTION 3 - Lifting</li> <li>A I can five my car without any neck pain.</li> <li>B I can if heavy weights without extra pain.</li> <li>B I can if heavy weights, but it gives extra pain.</li> <li>C Pain prevents me from lifting heavy weights, but I faves extra pain.</li> <li>D and if heavy weights without extra pain.</li> <li>B I can dive my car as long as I want with moderate pain in my neck.</li> <li>C I cann to manage if they are conveniently positioned, for example, on a table.</li> <li>D an ift heav my eights if they are conveniently positioned.</li> <li>F I cannot drive my car as long as I want with moderate pain in my neck.</li> <li>F I cannot drive my car as long as I want with moderate pain in my neck.</li> <li>F I cannot drive my car at all.</li> <li>SECTION 4 - Reading</li> <li>A I can read as much as I want to with no pain in my neck.</li> <li>E I cannot read as much as I want to with no pain in my neck.</li> <li>C I can read as much as I want to with no pain in my neck.</li> <li>C I can nead as much as I want because of severe pain in my neck.</li> <li>E I cannot read as much as I want because of severe pain in my neck.</li> <li>E I cannot read as much as I want because of severe pain in my neck.</li> <li>F I cannot read as much as I want because of severe pain in my neck.</li> <li>F I cannot read as much as I want because of severe pain in my neck.</li> <li>F I cannot read as much as I want because of severe pain in my neck.</li> <li>F I cannot read as much as I want</li></ul>		
B I can look after myself and I am slow and careful.       B I can only do my usual work, but no more.         C It is painful to look after myself and I am slow and careful.       C I can do most of my usual work, but no more.         D I need some help, but manage most of my personal care.       E I can hardly do any work at all.         F I do not get dressed, I wash with difficulty and stay in bed.       F I cannot do any usual work.         SECTION 3 - Lifting       SECTION 8 - Driving         A I can lift heavy weights without extra pain.       B I can firk ency weights, but i gives extra pain.         B I can firk ency weights, but i gives extra pain.       B I can firk ency car as long as I want twith moderate pain in my neck.         C Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example, on a table.       B I can firk ency car as long as I want twith moderate pain in my neck.         F I cannot thro crarry anything at all.       SECTION 4 - Reading         SECTION 4 - Reading       SECTION 9 - Sleeping         A I can read as much as I want to with no pain in my neck.       F I cannot drive my car at all.         F I cannot read as much as I want because of severe pain in my neck.       C My sleep is singlity disturbed (1-2 hours sleeples).         C I can read as much as I want because of severe pain in my neck.       F My sleep is completely disturbed (3-5 hours sleepless).         F I cannot read at all.       SECTION 1 - Recreation	SECTION 2 -Personal Care (Washing, Dressing, etc.)	SECTION 7 - Work
B I can look after myself and I am slow and careful.       B I can only do my usual work, but no more.         C It is painful to look after myself and I am slow and careful.       C I can do most of my usual work, but no more.         D I need some help, but manage most of my personal care.       E I can hardly do any work at all.         F I do not get dressed, I wash with difficulty and stay in bed.       F I cannot do any usual work.         SECTION 3 - Lifting       SECTION 8 - Driving         A I can lift heavy weights without extra pain.       B I can firk ency weights, but i gives extra pain.         B I can firk ency weights, but i gives extra pain.       B I can firk ency car as long as I want twith moderate pain in my neck.         C Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example, on a table.       B I can firk ency car as long as I want twith moderate pain in my neck.         F I cannot thro crarry anything at all.       SECTION 4 - Reading         SECTION 4 - Reading       SECTION 9 - Sleeping         A I can read as much as I want to with no pain in my neck.       F I cannot drive my car at all.         F I cannot read as much as I want because of severe pain in my neck.       C My sleep is singlity disturbed (1-2 hours sleeples).         C I can read as much as I want because of severe pain in my neck.       F My sleep is completely disturbed (3-5 hours sleepless).         F I cannot read at all.       SECTION 1 - Recreation		
C It is painful to look after myself and I am slow and careful.       C I can do most of my usual work, but no more.         D I need some help, but manage most of my personal care.       E I can hardly do any work at all.         F I do not get dressed, I wash with difficulty and stay in bed.       E I can hardly do any work at all.         SECTION 3 - Lifting       SECTION 8 - Driving         A I can lift heavy weights without extra pain.       B I can lift heavy weights, but it gives extra pain.         B I can lift heavy weights, but it gives extra pain.       C I can drive my car as long as I want with slight pain in my neck.         C I can drive my car as long as I want with slight pain in my neck.       C I can hardly drive at all because of moderate pain in my neck.         D Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.       E I can lift ver my car as long as I want with moderate pain in my neck.         E I can lift very light weights.       F I cannot drive my car at all because of severe pain in my neck.       E I can nardy drive at all because of severe pain in my neck.         B I can read as much as I want to with moderate pain in my neck.       B My sleep is slightly disturbed (L-2 hours sleepless).         C I can drive my car as a slight to disturbed (L-2 hours sleepless).       C My sleep is moderately disturbed (S-7 hours)         F Leannot read as much as I want because of severe pain in my neck.       F My sleep is greatly disturbed (S-7 hours)         F Leanno		
D I need some help, but manage most of my personal care.       D I cannot do my using work at all.         E I need help every day in most aspects of self care.       E I cannot do my using work at all.         SECTION 3 - Lifting       SECTION 8 - Driving         A I can lift heavy weights without extra pain.       B I can lift heavy weights, but it gives extra pain.         C Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example, on a table.       A I can trive my car as long as I want with slight pain in my neck.         D I can iff theory my light weights.       F I cannot drive my car as long as I want with moderate pain in my neck.         E I can lift or earry anything at all.       SECTION 4 - Reading         SECTION 4 - Reading       SECTION 9 - Sleeping         A I can read as much as I want to with no pain in my neck.       F I cannot drive my car at all.         F I cannot read as much as I want to with moderate pain in my neck.       M y sleep is mildly disturbed (less than 1 hour sleepless).         C I can read as much as I want to with moderate pain in my neck.       M y sleep is mildly disturbed (2-3 hours sleepless).         C I cannot read as much as I want to with moderate pain in my neck.       M y sleep is mildly disturbed (5-7 hours)         F I cannot read as much as I want because of severe pain in my neck.       F M y sleep is greatly disturbed (5-7 hours)         F I cannot read as much as I want because of severe pain in my neck.		
E I need help every day in most aspects of self care.       F I do not get dressed, I wash with difficulty and stay in bed.         F I do not get dressed, I wash with difficulty and stay in bed.       F I cannot do any work at all.         SECTION 3 - Lifting       SECTION 8 - Driving         A I can lift heavy weights without extra pain.       B I can lift heavy weights, but it gives extra pain.       C I can drive my car as long as I want with slight pain in my neck.         C Pain prevents me from lifting heavy weights, but I can manage if they are conveniently positioned.       C I can drive my car as long as I want with moderate pain in my neck.         D Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.       D I cannot drive my car as long as I want because of moderate pain in my neck.         F I cannot lift or carry anything at all.       SECTION 9 - Sleeping.         A I can read as much as I want to with nopain in my neck.       E I can nint my neck.         B I can read as much as I want to with noderate pain in my neck.       B M sleep is mildry disturbed (1-2 hours sleepless).         D I cannot read as much as I want because of severe pain in my neck.       M y sleep is moldraty disturbed (3-5 hours) sleepless).         E I cannot read as much as I want because of severe pain in my neck.       M y sleep is moldraty disturbed (5-7 hours)         F I cannot read at all.       SECTION 5 - Headaches         SECTION 5 - Headaches which come infrequently.       F I have		
F I do not get dressed, I wash with difficulty and stay in bed.       F I cannot do any work at all.         SECTION 3 - Lifting       SECTION 8 - Driving         A I can lift heavy weights, but it gives extra pain.       A I can drive my car without any neck pain.         B I can lift heavy weights, but it gives extra pain.       B I can drive my car as long as I want with slight pain in my neck.         C Pain prevents me from lifting heavy weights, but I can manage if they are conveniently positioned.       C I can drive my car as long as I want with moderate pain in my neck.         E I cannot fift or carry anything at all.       D I cannot as much as I want to with no pain in my neck.       E I cannot fift or warm to with moderate pain in my neck.         B I can read as much as I want to with noderate pain in my neck.       SECTION 9 - Sleeping         A I can read as much as I want to with moderate pain in my neck.       M I have no trouble sleeping.         B I cannot read as much as I want because of severe pain in my neck.       D My sleep is moderately disturbed (2-3 hours sleepless).         C H annot read at all.       SECTION 5 - Headaches         SECTION 5 - Headaches       SECTION 10 - Recreation         A I have no headaches which come infrequently.       M an able to engage in all of my recreational activities with some pain in my neck.         B I have slight headaches which come infrequently.       F I anable to engage in all of my recreational activities because of pain in my neck.         B I have slight		
SECTION 3 - Lifting       SECTION 8 - Driving         A I can lift heavy weights without extra pain.       A I can lift heavy weights but it gives extra pain.       A I can drive my car without any neck pain.         B I can lift heavy weights but it gives extra pain.       C Pain prevents me from lifting heavy weights, but I can manage if they are conveniently positioned, for example, on a table.       A I can drive my car as long as I want with moderate pain in my neck.         D Pain prevents me from lifting heavy weights, but I can manage if they are conveniently positioned.       E I can lift very my car as long as I want twith moderate pain in my neck.         E I can lift very light weights.       I can and rive my car as long as I want because of moderate pain in my neck.         F I cannot tread as much as I want to with no pain in my neck.       E I cannot read as much as I want to with moderate pain in my neck.         D I cannot read as much as I want to with moderate pain in my neck.       SECTION 9 - Sleeping.         A I have no treuble skeeping.       M yskeep is mildly disturbed (less than 1 hour skeepless).         C My skeep is mildly disturbed (3-5 hours skeepless).       My skeep is moderate hadaches which come infrequently.         F I have noheadaches at all.       SECTION 10 - Recreation         SECTION 5 - Headaches which come infrequently.       M I have no headaches which come infrequently.         D I have moderate headaches which come infrequently.       M I am able to engage in all of my recreational activities with some pain in my neck.		
<ul> <li>A I can lift heavy weights without extra pain.</li> <li>B I can lift heavy weights, but it gives extra pain.</li> <li>C Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example, on a table.</li> <li>D Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.</li> <li>E I can lift very light weights.</li> <li>F I cannot fift or carry anything at all.</li> <li>SECTION 4 - Reading</li> <li>A I can a manage a much as I want to with no pain in my neck.</li> <li>C I can read as much as I want to with slight pain in my neck.</li> <li>C I cannot read as much as I want to with moderate pain in my neck.</li> <li>E I cannot read as much as I want because of moderate pain in my neck.</li> <li>E I cannot read as much as I want because of moderate pain in my neck.</li> <li>E I cannot read as much as I want because of severe pain in my neck.</li> <li>E I cannot read as much as I want because of severe pain in my neck.</li> <li>E I cannot read as much as I want because of severe pain in my neck.</li> <li>E I cannot read as much as I want because of severe pain in my neck.</li> <li>E I cannot read as much as I want because of severe pain in my neck.</li> <li>E I cannot read at all.</li> <li>SECTION 5 - Headaches</li> <li>A I have no headaches which come infrequently.</li> <li>I have moderate headaches which come frequently.</li> <li>I have severe headaches which come frequently.</li> <li>I have headaches almost all the time.</li> <li>I am able to engage in all of my recreational activities because of pai</li></ul>	F I do not get dressed, I wash with difficulty and stay in bed.	F I cannot do any work at all.
<ul> <li>A I can lift heavy weights without extra pain.</li> <li>B I can lift heavy weights, but it gives extra pain.</li> <li>C Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example, on a table.</li> <li>D Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.</li> <li>E I can lift very light weights.</li> <li>F I cannot fift or carry anything at all.</li> <li>SECTION 4 - Reading</li> <li>A I can a manage if very as a long as I want because of severe pain in my neck.</li> <li>C I can read as much as I want to with no pain in my neck.</li> <li>B I can read as much as I want to with slight pain in my neck.</li> <li>C I cannot read as much as I want to with moderate pain in my neck.</li> <li>E I cannot read as much as I want because of moderate pain in my neck.</li> <li>E I cannot read as much as I want because of moderate pain in my neck.</li> <li>E I cannot read as much as I want because of moderate pain in my neck.</li> <li>E I cannot read as much as I want because of severe pain in my neck.</li> <li>E I cannot read as much as I want because of severe pain in my neck.</li> <li>E I cannot read as much as I want because of severe pain in my neck.</li> <li>E I cannot read as much as I want because of severe pain in my neck.</li> <li>E I cannot read at all.</li> <li>SECTION 5 - Headaches</li> <li>SECTION 5 - Headaches which come infrequently.</li> <li>I have noheadaches which come infrequently.</li> <li>I have severe headaches which come frequently.</li> <li>I have headaches almost all the time.</li> <li>S I cannot do any recreational activities because of pain in my neck.</li> <li>I cannot do any recre</li></ul>		
B I can lift heavy weights, but I gives extra pain.       B I can drive my car as long as I want with slight pain in my neck.         C Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example, on a table.       B I can drive my car as long as I want with moderate pain in my neck.         C I can lift very light weights.       E I can lift very light weights.       D I cannot drive my car as long as I want because of moderate pain in my neck.         F I cannot lift or carry anything at all.       E I can hardly drive at all because of severe pain in my neck.         F I cannot as much as I want to with no pain in my neck.       E I cannot read as much as I want to with moderate pain in my neck.         B I can aread as much as I want to with moderate pain in my neck.       B My sleep is middly disturbed (1-2 hours sleepless).         C I cannot read as much as I want because of severe pain in my neck.       B My sleep is moderately disturbed (2-3 hours sleepless).         F I cannot read as much as I want because of severe pain in my neck.       My sleep is greatly disturbed (5-5 hours)         F I cannot read as much as I want because of severe pain in my neck.       F My sleep is completely disturbed (5-7 hours)         F I cannot read as at all.       SECTION 10 - Recreation         SECTION 5 - Headaches       SECTION 10 - Recreation         A I have noherate headaches which come infrequently.       C I am able to engage in all of my recreational activities with some pain in my neck.         <	SECTION 3 - Lifting	SECTION 8 - Driving
B I can lift heavy weights, but I gives extra pain.       B I can drive my car as long as I want with slight pain in my neck.         C Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example, on a table.       B I can drive my car as long as I want with moderate pain in my neck.         C I can lift very light weights.       E I can lift very light weights.       D I cannot drive my car as long as I want because of moderate pain in my neck.         F I cannot lift or carry anything at all.       E I can hardly drive at all because of severe pain in my neck.         F I cannot as much as I want to with no pain in my neck.       E I cannot read as much as I want to with moderate pain in my neck.         B I can aread as much as I want to with moderate pain in my neck.       B My sleep is middly disturbed (1-2 hours sleepless).         C I cannot read as much as I want because of severe pain in my neck.       B My sleep is moderately disturbed (2-3 hours sleepless).         F I cannot read as much as I want because of severe pain in my neck.       My sleep is greatly disturbed (5-5 hours)         F I cannot read as much as I want because of severe pain in my neck.       F My sleep is completely disturbed (5-7 hours)         F I cannot read as at all.       SECTION 10 - Recreation         SECTION 5 - Headaches       SECTION 10 - Recreation         A I have noherate headaches which come infrequently.       C I am able to engage in all of my recreational activities with some pain in my neck.         <		
C       Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example, on a table.       C       I can drive my car as long as I want with moderate pain in my neck.         D       Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.       D       I cannot drive my car as long as I want because of moderate pain in my neck.         E       I cannot lift or carry anything at all.       E       I cannot drive my car at all       E       I cannot drive my car at all.         SECTION 4 - Reading       SECTION 9 - Sleeping         A       I can read as much as I want to with no pain in my neck.       B       I can read as much as I want to with moderate pain in my neck.         C       I cannot read as much as I want to with moderate pain in my neck.       A       I have no trouble sleeping.         B       I cannot read as much as I want because of moderate pain in my neck.       B       M y sleep is midly disturbed (l=2 hours sleepless).         C       I cannot read as much as I want because of severe pain in my neck.       M y sleep is greatly disturbed (3-5 hours sleepless).         E       I cannot read as much as I want because of severe pain in my neck.       F       M y sleep is completely disturbed (5-7 hours)         F       I cannot read at all.       SECTION 5 - Headaches       A I am able to engage in all of my recreational activities with some pain in my n		A I can drive my car without any neck pain.
C       Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example, on a table.       C       I can drive my car as long as I want with moderate pain in my neck.         D       Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.       D       I cannot drive my car as long as I want because of moderate pain in my neck.         E       I cannot lift or carry anything at all.       E       I cannot drive my car at all       E       I cannot drive my car at all.         SECTION 4 - Reading       SECTION 9 - Sleeping         A       I can read as much as I want to with no pain in my neck.       B       I can read as much as I want to with moderate pain in my neck.         C       I cannot read as much as I want to with moderate pain in my neck.       A       I have no trouble sleeping.         B       I cannot read as much as I want because of moderate pain in my neck.       B       M y sleep is midly disturbed (l=2 hours sleepless).         C       I cannot read as much as I want because of severe pain in my neck.       M y sleep is greatly disturbed (3-5 hours sleepless).         E       I cannot read as much as I want because of severe pain in my neck.       F       M y sleep is completely disturbed (5-7 hours)         F       I cannot read at all.       SECTION 5 - Headaches       A I am able to engage in all of my recreational activities with some pain in my n	B I can lift heavy weights, but it gives extra pain.	B I can drive my car as long as I want with slight pain in my neck.
can manage if they are conveniently positioned, for example, on a table.neck.D Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned. E I can lift very light weights. F I cannot tift or carry anything at all.D I cannot drive my car as long as I want because of moderate pain in my neck.SECTION 4 - ReadingSECTION 9 - SleepingA I can read as much as I want to with no pain in my neck. C I can read as much as I want to with moderate pain in my neck.A I have no trouble sleeping. B My sleep is slightly disturbed (less than 1 hour sleepless). C My sleep is midly disturbed (1-2 hours sleepless). D My sleep is greatly disturbed (2-3 hours sleepless). E My sleep is greatly disturbed (5-7 hours)E I cannot read as much as I want because of severe pain in my neck.My sleep is completely disturbed (5-7 hours)F I cannot read at all.SECTION 5 - HeadachesSECTION 5 - HeadachesSECTION 10 - Recreation A I have no headaches which come infrequently. D I have moderate headaches which come frequently. E I have severe headaches which come frequently. F I have headaches at all the time.SECTION 10 - Recreation A I am able to engage in all of my recreational activities with some pain in my neck. C I am able to engage in most, but not all of my recreational activities because of pain in my neck. C I am able to engage in a few of my recreational activities because of pain in my neck.B I have severe headaches which come freq		C I can drive my car as long as I want with moderate pain in my
table.DI cannot drive my car as long as I want because of moderate pain in my neck.DPain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned. E I can lift very light weights.DEI can iff very light weights.EFI cannot fift or carry anything at all.SECTION 4 - ReadingSECTION 9 - SleepingAI can read as much as I want to with no pain in my neck.BI can read as much as I want to with moderate pain in my neck.CI cannot read as much as I want because of moderate pain in my neck.DI cannot read as much as I want because of moderate pain in my neck.EI cannot read as much as I want because of severe pain in my neck.DI cannot read as much as I want because of severe pain in my neck.EI cannot read as much as I want because of severe pain in my neck.FI cannot read as much as I want because of severe pain in my neck.FI cannot read at all.SECTION 5 - HeadachesA I have no headaches at all.B I have moderate headaches which come infrequently.D I have moderate headaches which come infrequently.D I have moderate headaches which come frequently.F I have headaches almost all the time.F I cannot do any recreational activities because of pain in my neck.F I have headaches almost all the time.F I have headaches almost all the time.		
D Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.       in my neck.         E I can lift very light weights.       F         F I cannot lift or carry anything at all.       E I cannot drive my car at all.         SECTION 4 - Reading       SECTION 9 - Sleeping         A I can read as much as I want to with no pain in my neck.       B I can read as much as I want to with moderate pain in my neck.         C I can read as much as I want because of moderate pain in my neck.       B My sleep is slightly disturbed (1-2 hours sleepless).         D I cannot read as much as I want because of moderate pain in my neck.       E I cannot read as much as I want because of severe pain in my neck.         E I cannot read as much as I want because of severe pain in my neck.       E My sleep is greatly disturbed (2-3 hours sleepless).         E I cannot read as much as I want because of severe pain in my neck.       F My sleep is greatly disturbed (5-7 hours)         F I cannot read at all.       SECTION 5 - Headaches         SECTION 5 - Headaches       SECTION 10 - Recreation         A I have no headaches which come infrequently.       B I have slight headaches which come frequently.         B I have slight headaches which come frequently.       B I have severe headaches which come frequently.         F I have needaches almost all the time.       D I am able to engage in all of my recreational activities because of pain in my neck.         B I		D I cannot drive my car as long as I want because of moderate pain
light to medium weights if they are conveniently positioned.E I can lift very light weights.E I can lift very light weights.F I cannot drive my car at all.F I cannot lift or carry anything at all.SECTION 4 - ReadingSECTION 4 - ReadingSECTION 9 - SleepingA I can read as much as I want to with no pain in my neck.A I have no trouble sleeping.B I can read as much as I want to with moderate pain in my neck.A I have no trouble sleeping.D I cannot read as much as I want because of moderate pain in my neck.B My sleep is mildly disturbed (1-2 hours sleepless).C I can read as much as I want because of moderate pain in my neck.D My sleep is moderately disturbed (2-3 hours sleepless).E I cannot read as much as I want because of severe pain in my neck.F My sleep is completely disturbed (5-7 hours)F I cannot read at all.SECTION 10 - RecreationSECTION 5 - HeadachesSECTION 10 - RecreationA I have no headaches at all.B I have slight headaches which come infrequently.D I have moderate headaches which come infrequently.B I am able to engage in all of my recreational activities with some pain in my neck.C I have severe headaches which come frequently.C I am able to engage in all of my recreational activities because of pain in my neck.F I have headaches almost all the time.C I am able to engage in a few of my recreational activities because of pain in my neck.F I can not do any recreational activities at all.	D Pain prevents me from lifting heavy weights, but I can manage	• • •
EI can lift very light weights.FI cannot drive my car at all.FI cannot lift or carry anything at all.SECTION 4 - ReadingSECTION 4 - ReadingSECTION 9 - SleepingAI can read as much as I want to with no pain in my neck.BI can read as much as I want to with moderate pain in my neck.CI can read as much as I want because of moderate pain in my neck.DI cannot read as much as I want because of moderate pain in my neck.EI cannot read as much as I want because of severe pain in my neck.EI cannot read as much as I want because of severe pain in my neck.FI cannot read at all.SECTION 5 - HeadachesSECTION 10 - RecreationAI have no headaches at all.BI have no headaches which come infrequently.CI have moderate headaches which come infrequently.DI have moderate headaches which come frequently.FI have headaches almost all the time.FI cannot do any recreational activities because of pain in my neck.CI am able to engage in a few of my recreational activities because of pain in my neck.CI am able to engage in a few of my recreational activities because of pain in my neck.CI am able to engage in a few of my recreational activities because of pain in my neck.FI have headaches almost all the time. </td <td></td> <td></td>		
F I cannot lift or carry anything at all.       SECTION 4 - Reading         SECTION 4 - Reading       SECTION 9 - Sleeping         A I can read as much as I want to with no pain in my neck.       B I can read as much as I want to with moderate pain in my neck.         C I can read as much as I want to with moderate pain in my neck.       B My sleep is slightly disturbed (less than 1 hour sleepless).         D I cannot read as much as I want because of moderate pain in my neck.       My sleep is moderately disturbed (2-3 hours sleepless).         E I cannot read as much as I want because of severe pain in my neck.       F My sleep is greatly disturbed (5-7 hours)         F I cannot read at all.       SECTION 10 - Recreation         A I have no headaches which come infrequently.       SECTION 10 - Recreation         A I have moderate headaches which come infrequently.       B I have severe headaches which come frequently.         C I have moderate headaches which come frequently.       B I have severe headaches which come frequently.         F I have headaches almost all the time.       D I have moderate headaches which come frequently.         F I have headaches almost all the time.       D I am able to engage in all of my recreational activities because of pain in my neck.         F I cannot do any recreational activities because of pain in my neck.       F I cannot do any recreational activities because of pain in my neck.		
SECTION 4 - ReadingSECTION 9 - SleepingA I can read as much as I want to with no pain in my neck.A I have no trouble sleeping.B I can read as much as I want to with moderate pain in my neck.B My sleep is slightly disturbed (less than 1 hour sleepless).C I can read as much as I want because of moderate pain in my neck.B My sleep is moderately disturbed (2-3 hours sleepless).D I cannot read as much as I want because of severe pain in my neck.D My sleep is moderately disturbed (3-5 hours sleepless).E I cannot read as much as I want because of severe pain in my neck.F My sleep is completely disturbed (5-7 hours)F I cannot read at all.SECTION 5 - HeadachesSECTION 5 - HeadachesSECTION 10 - RecreationA I have moderate headaches which come infrequently.A I am able to engage in all of my recreational activities with some pain in my neck.D I have moderate headaches which come frequently.B I am able to engage in most, but not all of my recreational activities because of pain in my neck.F I have headaches almost all the time.D I am able to engage in a few of my recreational activities because of pain in my neck.F I have headaches almost all the time.D I am able to engage in a few of my recreational activities because of pain in my neck.F I can hardly do any recreational activities at all.		
<ul> <li>A I can read as much as I want to with no pain in my neck.</li> <li>B I can read as much as I want to with slight pain in my neck.</li> <li>C I can read as much as I want to with moderate pain in my neck.</li> <li>D I cannot read as much as I want because of moderate pain in my neck.</li> <li>E I cannot read as much as I want because of severe pain in my neck.</li> <li>E I cannot read at all.</li> <li>SECTION 5 - Headaches</li> <li>A I have no headaches at all.</li> <li>B EECTION 5 - Headaches</li> <li>A I have no headaches which come infrequently.</li> <li>C I have moderate headaches which come infrequently.</li> <li>D I have moderate headaches which come frequently.</li> <li>F I have headaches almost all the time.</li> <li>F I have headaches almost all the time.</li> <li>A I have no headaches almost all the time.</li> <li>A I have no de any recreational activities because of pain in my neck.</li> <li>C I arm able to engage in all of my recreational activities because of pain in my neck.</li> <li>C I arm able to engage in all of my recreational activities because of pain in my neck.</li> <li>C I arm able to engage in all of my recreational activities because of pain in my neck.</li> <li>C I arm able to engage in all of my recreational activities because of pain in my neck.</li> <li>C I arm able to engage in all of my recreational activities because of pain in my neck.</li> <li>C I arm able to engage in all of my recreational activities because of pain in my neck.</li> <li>C I arm able to engage in a few of my recreational activities because of pain in my neck.</li> <li>E I cannot do any recreational activities at all.</li> </ul>		SECTION 9 - Sleening
<ul> <li>B I can read as much as I want to with slight pain in my neck.</li> <li>C I can read as much as I want to with moderate pain in my neck.</li> <li>D I cannot read as much as I want because of moderate pain in my neck.</li> <li>E I cannot read as much as I want because of severe pain in my neck.</li> <li>F I cannot read at all.</li> <li>SECTION 5 - Headaches</li> <li>A I have no headaches at all.</li> <li>B I have slight headaches which come infrequently.</li> <li>D I have moderate headaches which come frequently.</li> <li>F I have severe headaches almost all the time.</li> <li>F I have headaches almost all the time.</li> <li>B I have neadaches almost all the time.</li> <li>C I can mable to engage in all of my recreational activities because of pain in my neck.</li> <li>C I am able to engage in most, but not all of my recreational activities because of pain in my neck.</li> <li>C I can hardly do any recreational activities because of pain in my neck.</li> <li>F I cannot do any recreational activities at all.</li> </ul>	~	~
<ul> <li>B I can read as much as I want to with slight pain in my neck.</li> <li>C I can read as much as I want to with moderate pain in my neck.</li> <li>D I cannot read as much as I want because of moderate pain in my neck.</li> <li>E I cannot read as much as I want because of severe pain in my neck.</li> <li>F I cannot read at all.</li> <li>SECTION 5 - Headaches</li> <li>A I have no headaches at all.</li> <li>B I have slight headaches which come infrequently.</li> <li>D I have moderate headaches which come frequently.</li> <li>F I have severe headaches almost all the time.</li> <li>F I have headaches almost all the time.</li> <li>B I have neadaches almost all the time.</li> <li>C I can mable to engage in all of my recreational activities because of pain in my neck.</li> <li>C I am able to engage in most, but not all of my recreational activities because of pain in my neck.</li> <li>C I can hardly do any recreational activities because of pain in my neck.</li> <li>F I cannot do any recreational activities at all.</li> </ul>	A I can read as much as I want to with no pain in my neck.	A I have no trouble sleeping.
<ul> <li>C I can read as much as I want to with moderate pain in my neck.</li> <li>D I cannot read as much as I want because of moderate pain in my neck.</li> <li>E I cannot read as much as I want because of severe pain in my neck.</li> <li>F I cannot read at all.</li> <li>SECTION 5 - Headaches</li> <li>A I have no headaches at all.</li> <li>B I have slight headaches which come infrequently.</li> <li>C I have moderate headaches which come frequently.</li> <li>F I have headaches all the time.</li> <li>F I have headaches all the time.</li> <li>C My sleep is moderately disturbed (2-3 hours sleepless).</li> <li>B My sleep is greatly disturbed (5-7 hours)</li> <li>F My sleep is completely disturbed (5-7 hours)</li> <li>SECTION 5 - Headaches</li> <li>SECTION 10 - Recreation</li> <li>A I am able to engage in all of my recreational activities with no neck pain in my neck.</li> <li>C I am able to engage in most, but not all of my recreational activities because of pain in my neck.</li> <li>C I am able to engage in a few of my recreational activities because of pain in my neck.</li> <li>E I can hardly do any recreational activities because of pain in my neck.</li> <li>F I cannot do any recreational activities at all.</li> </ul>		
<ul> <li>D I cannot read as much as I want because of moderate pain in my neck.</li> <li>E I cannot read as much as I want because of severe pain in my neck.</li> <li>F I cannot read at all.</li> <li>SECTION 5 - Headaches</li> <li>A I have no headaches at all.</li> <li>B I have slight headaches which come infrequently.</li> <li>C I have moderate headaches which come frequently.</li> <li>D I have noderate headaches which come frequently.</li> <li>F I have headaches all the time.</li> <li>F I have headaches all the time.</li> <li>D My sleep is moderately disturbed (3-5 hours sleepless).</li> <li>F My sleep is completely disturbed (5-7 hours)</li> <li>F My sleep is completely disturbed (5-7 hours)</li> <li>SECTION 10 - Recreation</li> <li>A I am able to engage in all of my recreational activities with no neck pain at all.</li> <li>B I am able to engage in all of my recreational activities with some pain in my neck.</li> <li>C I am able to engage in most, but not all of my recreational activities because of pain in my neck.</li> <li>C I am able to engage in a few of my recreational activities because of pain in my neck.</li> <li>E I cannot do any recreational activities at all.</li> </ul>		
neck.E My sleep is greatly disturbed (3-5 hours sleepless).E I cannot read as much as I want because of severe pain in my neck.F My sleep is completely disturbed (5-7 hours)F I cannot read at all.F My sleep is completely disturbed (5-7 hours)SECTION 5 - HeadachesSECTION 10 - RecreationA I have no headaches at all.A I have no headaches which come infrequently.B I have slight headaches which come infrequently.B I am able to engage in all of my recreational activities with some pain in my neck.C I have moderate headaches which come frequently.B I am able to engage in most, but not all of my recreational activities because of pain in my neck.F I have headaches all the time.D I am able to engage in a few of my recreational activities because of pain in my neck.F I can hardly do any recreational activities because of pain in my neck.E I can hardly do any recreational activities at all.		
<ul> <li>E I cannot read as much as I want because of severe pain in my neck.</li> <li>F I cannot read at all.</li> <li>SECTION 5 - Headaches</li> <li>A I have no headaches at all.</li> <li>B I have slight headaches which come infrequently.</li> <li>C I have moderate headaches which come frequently.</li> <li>D I have moderate headaches which come frequently.</li> <li>F I have headaches almost all the time.</li> <li>F I have headaches almost all the time.</li> <li>F I cannot do any recreational activities at all.</li> </ul>		
neck.F I cannot read at all.SECTION 5 - HeadachesA I have no headaches at all.B I have slight headaches which come infrequently.C I have moderate headaches which come infrequently.D I have moderate headaches which come frequently.E I have severe headaches which come frequently.F I have headaches almost all the time.F I have headaches almost all the time.F I have not all the time.F I have headaches almost all the time.F I cannot do any recreational activities at all.		
F I cannot read at all.SECTION 5 - HeadachesA I have no headaches at all.B I have slight headaches which come infrequently.C I have moderate headaches which come infrequently.D I have moderate headaches which come frequently.F I have headaches almost all the time.F I have headaches almost all the time.B I am able to engage in all of my recreational activities with some pain in my neck.C I am able to engage in most, but not all of my recreational activities because of pain in my neck.D I have noderate headaches which come frequently.E I have severe headaches almost all the time.C I am able to engage in a few of my recreational activities because of pain in my neck.E I can hardly do any recreational activities because of pain in my neck.F I cannot do any recreational activities at all.	· · ·	r wry sicep is completely distanced (5-7 hours)
SECTION 5 - HeadachesSECTION 10 - RecreationA I have no headaches at all.A I am able to engage in all of my recreational activities with no neck pain at all.B I have slight headaches which come infrequently.B I am able to engage in all of my recreational activities with some pain in my neck.C I have moderate headaches which come frequently.B I am able to engage in most, but not all of my recreational activities because of pain in my neck.C I have headaches almost all the time.D I am able to engage in a few of my recreational activities because of pain in my neck.F I have headaches almost all the time.D I am able to engage in a few of my recreational activities because of pain in my neck.F I can hardly do any recreational activities at all.F I cannot do any recreational activities at all.		
<ul> <li>A I are no headaches at all.</li> <li>B I have slight headaches which come infrequently.</li> <li>C I have moderate headaches which come infrequently.</li> <li>D I have moderate headaches which come frequently.</li> <li>E I have severe headaches which come frequently.</li> <li>F I have headaches almost all the time.</li> <li>A I are able to engage in all of my recreational activities with some pain in my neck.</li> <li>C I are able to engage in most, but not all of my recreational activities because of pain in my neck.</li> <li>D I are able to engage in a few of my recreational activities because of pain in my neck.</li> <li>E I can hardly do any recreational activities because of pain in my neck.</li> <li>F I cannot do any recreational activities at all.</li> </ul>		SECTION 10 Progration
<ul> <li>A I have no headaches at all.</li> <li>B I have slight headaches which come infrequently.</li> <li>C I have moderate headaches which come infrequently.</li> <li>D I have moderate headaches which come frequently.</li> <li>E I have severe headaches which come frequently.</li> <li>F I have headaches almost all the time.</li> <li>F I have headaches almost all the time.</li> <li>D I am able to engage in a few of my recreational activities because of pain in my neck.</li> <li>E I can hardly do any recreational activities because of pain in my neck.</li> <li>F I cannot do any recreational activities at all.</li> </ul>	SECTION 5 - Headaches	
<ul> <li>B I have slight headaches which come infrequently.</li> <li>C I have moderate headaches which come infrequently.</li> <li>D I have moderate headaches which come frequently.</li> <li>E I have severe headaches which come frequently.</li> <li>F I have headaches almost all the time.</li> <li>B I am able to engage in all of my recreational activities with some pain in my neck.</li> <li>C I am able to engage in a few of my recreational activities because of pain in my neck.</li> <li>E I can hardly do any recreational activities because of pain in my neck.</li> <li>F I cannot do any recreational activities at all.</li> </ul>	A I have no headaches at all	
<ul> <li>C I have moderate headaches which come infrequently.</li> <li>D I have moderate headaches which come frequently.</li> <li>E I have severe headaches which come frequently.</li> <li>F I have headaches almost all the time.</li> <li>C I am able to engage in most, but not all of my recreational activities because of pain in my neck.</li> <li>D I am able to engage in a few of my recreational activities because of pain in my neck.</li> <li>E I can hardly do any recreational activities because of pain in my neck.</li> <li>F I cannot do any recreational activities at all.</li> </ul>		
<ul> <li>D I have moderate headaches which come frequently.</li> <li>E I have severe headaches which come frequently.</li> <li>F I have headaches almost all the time.</li> <li>C I am able to engage in most, but not all of my recreational activities because of pain in my neck.</li> <li>D I am able to engage in a few of my recreational activities because of pain in my neck.</li> <li>E I can hardly do any recreational activities because of pain in my neck.</li> <li>F I cannot do any recreational activities at all.</li> </ul>		
E I have severe headaches which come frequently.activities because of pain in my neck.F I have headaches almost all the time.D I am able to engage in a few of my recreational activities because of pain in my neck.E I can hardly do any recreational activities because of pain in my neck.F I cannot do any recreational activities at all.		
<ul> <li>F I have headaches almost all the time.</li> <li>D I am able to engage in a few of my recreational activities because of pain in my neck.</li> <li>E I can hardly do any recreational activities because of pain in my neck.</li> <li>F I cannot do any recreational activities at all.</li> </ul>		
of pain in my neck. E I can hardly do any recreational activities because of pain in my neck. F I cannot do any recreational activities at all.		
<ul> <li>E I can hardly do any recreational activities because of pain in my neck.</li> <li>F I cannot do any recreational activities at all.</li> </ul>	F I have headaches almost all the time.	
neck. F I cannot do any recreational activities at all.		
F I cannot do any recreational activities at all.		
v v		
COMMENTS:		F I cannot do any recreational activities at all.
	COMMENTS:	

NAME.		CODE
NAME:	_ DATE:	<u>_SCORE:</u>

**1.** Each of the 10 sections is scored separately (0 to 5 points each) and then added up (max. total = 50). *EXAMPLE*:

Section 1. Pain Intensity	<b>Point Value</b>
A I have no pain at the moment	0
B The pain is very mild at the moment	1
C The pain is moderate at the moment	2
D The pain is fairly severe at the moment	3
E The pain is very severe at the moment	4
F The pain is the worst imaginable	5

- 2. If all 10 sections are completed, simply double the patients score.
- 3. If a section is omitted, divide the patient's total score by the number of sections completed times 5.

*FORMULA*: <u>PATIENT'S SCORE</u> X 100 = <u>%</u> DISABILITY # OF SECTIONS COMPLETED X 5

# **EXAMPLE:**

If 9 of 10 sections are completed, divide the patient's score by 9 X 5 = 45; if.....

22

Patient's Score:

Number of sections completed:  $9 (9 \times 5 = 45)$ 

22/45 X 100 = 48 % disability

4. Interpretation of disability scores (from original article):

SCORE	INTERPRETATION OF THE OSWESTRY LBP DISABILITY QUESTIONNAIRE
0-20%	Can cope w/ most ADL's. Usually no treatment needed, apart from advice on lifting,
Minimal	sitting, posture, physical fitness and diet. In this group, some patients have particular
Disability	difficulty with sitting and this may be important if their occupation is sedentary (typist,
	driver, etc.)
20-40%	This group experiences more pain and problems with sitting, lifting and standing. Travel
Moderate	and social life are more difficult and they may well be off work. Personal care, sexual
Disability	activity and sleeping are not grossly affected, and the back condition can usually be
	managed by conservative means.
40-60%	Pain remains the main problem in this group of patients by travel, personal care, social
Severe	life, sexual activity and sleep are also affected. These patients require detailed
Disability	investigation.
60-80%	Back pain impinges on all aspects of these patients' lives both at home and at work.
Crippled	Positive intervention is required.
80-100%	These patients are either bed-bound or exaggerating their symptoms. This can be
	evaluated by careful observation of the patient during the medical examination.

**Reference:** Fairbanks CT, Couper C, Davies JB, O'Brien JP. The Oswestry low back pain disability questionnaire. Physio Ther 1980;66:271-273.

# QUICK DASH

Patient Name:	Date of Birth:	Toda	y's Date:

Please rate your ability to do the following activities in the last week by circling the number below the appropriate response.

	NO DIFFICULTY	MILD DIFFICULTY	MODERATE DIFFICULTY	SEVERELY DIFFICULTY	UNABLE TO DO
1. Open a tight or new jar.	1	2	3	4	5
2. Do heavy household chores (i.e., wash walls, floors).	1	2	3	4	5
3. Carry a shopping bag or briefcase.	1	2	3	4	5
4. Wash your back.	1	2	3	4	5
5. Use a knife to cut food.	1	2	3	4	5
<ol> <li>Recreational activities in which you take some force or impact through your arm, shoulder or hand (i.e., golf, hammering, tennis etc.).</li> </ol>	1	2	3	4	5
	NOT AT ALL	SLIGHTLY	MODERATELY	QUITE A BIT	EXTREMELY
<ol> <li>During the past week, to what extent has your arm, shoulder or hand problem interfered with your normal social activities with family, friends, neighbors or groups?</li> </ol>	1	2	3	4	5
	NOT LIMITED AT ALL	SLIGHTLY LIMITED	MODERATELY LIMITED	VERY LIMITED	UNABLE TO DO
8. During the past week, were you limited in your work or other regular daily activities as a result of your arm, shoulder or hand problem?	1	2	3	4	5
Please rate the severity of the fo	llowing symptoms	in the last wee	ek (circle number	).	
	NONE	MILD	MODERATE	SEVERE	EXTREME
9. Arm, shoulder or hand pain.	1	2	3	4	5
10. Tingling (pins and needles) in your arm, shoulder or hand.	1	2	3	4	5
	NO DIFFICULTY	MILD DIFFICULTY	MODERATE DIFFICULTY	SEVERE DIFFICULTY	SO MUCH IT PREVENTS SLEEP
11. During the past week, how much difficulty have you had sleeping because of the pain in your arm, shoulder or hand (circle one)?	1	2	3	4	5
Since the beginning of therapy my condition has improved:		During the	past 24 hours, my	y maximum paiı	n rating was:
0% 10% 20% 30% 40% 50% 60% 70% 8	0% 90% 100%	6012	3 4 5	67	8 9 10

This section to be completed by your Physical Therapist/Provider A Quick DASH score may not be calculated if there is greater than 1 missing item. QUICK DASH DISABILITY SYMPTOM SCORE (sum of n response) – 1 X 25 Name:\_\_\_\_\_

yy

Here are some of the things other patients have told us about their pain. For each statement please circle the number from 0 to 6 to indicate how much physical activities such as bending, lifting, walking or driving affect or would affect your back pain.

1.	My pain was caused by physical activity.	Completely Disagree 0	1	2	Unsure 3	4	5	Completely Agree 6
2.	Physical activity makes my pain worse.	0	1	2	3	4	5	6
3.	Physical activity might harm my back.	0	1	2	3	4	5	6
4.	I should not do physical activities which (might) make my pain worse.	0	1	2	3	4	5	6
5.	I cannot do physical activities which (might) make my pain worse.	0	1	2	3	4	5	6

The following statements are about how your normal work affects or would affect your back pain.

	Completely Disagree			Unsure			Completely Agree
6. My pain was caused by my work or by an accident at work.	0	1	2	3	4	5	6
7. My work aggravated my pain.	0	1	2	3	4	5	6
8. I have a claim for compensation for my pain.	0	1	2	3	4	5	6
9. My work is too heavy for me.	0	1	2	3	4	5	6
10. My work makes or would make my pain worse.	0	1	2	3	4	5	6
11. My work might harm by back.	0	1	2	3	4	5	6
12. I should not do my regular work with my present pain.	0	1	2	3	4	5	6
<ol> <li>I cannot do my normal work with my present pain.</li> </ol>	0	1	2	3	4	5	6
14. I cannot do my normal work until my pain is treated.	0	1	2	3	4	5	6
15. I do not think that I will be back to my normal work within 3 months.	0	1	2	3	4	5	6
16. I do not think that I will ever be able to go back to that work.	0	1	2	3	4	5	6