Back scale

Name_____   Date_____

Circle the number that corresponds with the statement that best describes your back pain. If two or more statements apply, please circle the one that most closely describes your problem.

Pain intensity
0   The pain comes and goes and is very mild
1   The pain is mild and does not vary much
2   The pain comes and goes and is moderate
3   The pain is moderate and does not vary much
4   The pain comes and goes and is very severe
5   The pain is very severe and does not vary much

Sleeping
0   I get no pain in bed
1   I get pain in bed but it does not prevent me from sleeping well
2   Because of pain my normal sleep is reduced by less than 25%
3   Because of pain my normal sleep is reduced by less than 50%
4   Because of pain my normal sleep is reduced by less than 75%
5   Pain prevents me from sleeping at all

Sitting
0   I can sit in any chair as long as I like
1   I can only sit in my favorite chair as long as I like
2   Pain prevents me from sitting more than 1 hour
3   Pain prevents me from sitting more than ½ hour
4   Pain prevents me from sitting more than 10 minutes
5   I avoid sitting because it increases pain immediately

Standing
0   I can stand as long as I want without pain
1   I have some pain while standing but it does not increase with time
2   I cannot stand for longer than 1 hour without increasing pain
3   I cannot stand for longer than ½ hour without increasing pain
4   I cannot stand for longer than 10 minutes without increasing pain
5   I avoid standing because it increases pain immediately

Walking
0   I have no pain while walking
1   I have some pain while walking but it doesn't increase with distance
2   I cannot walk more than 1 mile without increasing pain
3   I cannot walk more than ½ mile without increasing pain
4   I cannot walk more than ¼ mile without increasing pain
5   I cannot walk at all without increasing pain

Changing degree of pain
0   My pain is rapidly getting better
1   My pain fluctuates but overall is definitely getting better
2   My pain seems to be getting better but improvement is slow
3   My pain is neither getting better or worse
4   My pain is gradually worsening
5   My pain is rapidly worsening

Personal care
0   I do not have to change my way of washing/dressing to avoid pain
1   I do not normally change my way of washing/dressing even though it causes some pain
2   Washing/dressing increases the pain but I manage not to change my way of doing it
3   Washing/dressing increases the pain and I find it necessary to change my way of doing it
4   Because of the pain I am unable to do some washing/dressing without help
5   Because of the pain I am unable to do any washing/dressing without help

Lifting
0   I can lift heavy weights without extra pain
1   I can lift heavy weights but it causes some extra pain
2   Pain prevents me from lifting heavy weight off the floor
3   Pain prevents me from lifting heavy weight off the floor, but I can manage if they are conveniently positioned (i.e., on a table)
4   Pain prevents me from lifting heavy weight off the floor, but I can manage light to medium weights if they are conveniently positioned
5   I can only lift very light weights

Traveling
0   I get not pain while traveling
1   I get some pain while traveling but none of my usual forms of travel worsen it
2   I get extra pain while traveling but it does not cause me to seek alternate forms of travel
3   I get extra pain while traveling which causes me to seek alternate forms of travel
4   Pain restricts all forms of travel except that done while lying down
5   Pain restricts all forms of travel

Social life
0   My social life is normal and gives me no extra pain
1   My social life is normal but increases the degree of pain
2   Pain has no significant effect on my social life apart from limiting my more energetic interests (i.e., dancing, etc.)
3   Pain has restricted my social life and I do not go out often
4   Pain has restricted my social life to my home
5   I have hardly any social life because of the pain

-----------------------For Admin Use Below Line -----------------------

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

Score