

Member Name: _____ DOB: _____

Date Requested: _____

Section 1 – Pain Intensity

0. I have no pain at this moment.
1. The pain is very mild at the moment.
2. The pain is moderate at the moment.
3. The pain is fairly severe at the moment.
4. The pain is very severe at the moment.
5. The pain is the worst imaginable at the moment.

Section 2 – Personal Care (Washing, Dressing, etc.)

0. I can look after myself normally but it is very painful.
1. It is painful to look after myself and I am slow and careful.
2. I need some help but manage most of my personal care.
3. I need help every day in most aspects of my personal care.
4. I need help every day in most aspects of self-care.
5. I do not get dressed, wash with difficulty, and stay in bed.

Section 3 – Lifting

0. I can lift heavy weights without extra pain.
1. I can lift heavy weights but it gives extra pain.
2. Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (i.e. on a table).
3. Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.
4. I can lift only very light weights.
5. I cannot lift or carry anything at all.

Section 4 – Walking

0. Pain does not prevent me walking any distance.
1. Pain prevents me walking more than 1 mile.
2. Pain prevents me walking more than 1/4 mile.
3. Pain prevents me walking more than 100 yards.
4. I can only walk using a stick or crutches.
5. I am in bed most of the time and have to crawl to the toilet.

Section 5 – Sitting

0. I can sit in any chair as long as I like.
1. I can sit in my favorite chair as long as I like.
2. Pain prevents me from sitting for more than 1 hour.
3. Pain prevents me from sitting for more than 1/2 hour.
4. Pain prevents me from sitting for more than 10 minutes.
5. Pain prevents me from sitting at all.

Section 6 – Standing

0. I can stand as long as I want without extra pain.
1. I can stand as long as I want but it gives me extra pain.
2. Pain prevents me from standing more than 1 hour.
3. Pain prevents me from standing for more than 1/2 hour.
4. Pain prevents me from standing for more than 10 minutes.
5. Pain prevents me from standing at all.

Section 7 – Sleeping

0. My sleep is never disturbed by pain.
1. My sleep is occasionally disturbed by pain.
2. Because of pain, I have less than 6 hours of sleep.
3. Because of pain, I have less than 4 hours of sleep.
4. Because of pain, I have less than 2 hours of sleep.
5. Pain prevents me from sleeping at all.

Section 8 – Sex Life

0. My sex life is normal and causes no extra pain.
1. My sex life is normal but causes some extra pain.
2. My sex life is nearly normal but is very painful.
3. My sex life is severely restricted by pain.
4. My sex life is nearly absent because of pain.
5. Pain prevents any sex life at all.

Section 9 – Social Life

0. My social life is normal and cause 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. sports).
3. Pain has restricted my social life and I do not go out as often.
4. Pain has restricted social life to my home.
5. I have no social life because of pain.

Section 10 – Traveling

0. I can travel anywhere without pain.
1. I can travel anywhere but it gives extra pain.
2. Pain is bad but I manage journeys under 30 minutes.
3. Pain restricts me to short necessary journeys under 30 minutes.
4. Pain prevents me from traveling except to receive treatment.

The following are additional questions for patients with neck pain.

Section 11 – Reading

0. I can read as much as I want to with no pain in my neck.
1. I can read as much as I want to with slight pain in my neck.
2. I can read as much as I want with moderate pain in my neck.
3. I cannot read as much as I want because of moderate pain in my neck.
4. I can hardly read at all because of severe pain in my neck.
5. I cannot read at all.

Section 12 – Headaches

0. I have no headaches at all.
1. I have slight headaches that come infrequently.
2. I have moderate headaches with come infrequently.
3. I have moderate headaches which come frequently.
4. I have severe headaches which come frequently.
5. I have headaches almost all the time.

Section 13 – Concentration

0. I can concentrate fully when I want to with no difficulty.
1. I can concentrate fully when I want to with slight difficulty.
2. I have a fair degree of difficulty in concentrating when I want to.
3. I have a lot of difficulty in concentrating when I want to.
4. I have a great deal of difficulty in concentrating when I want to.
5. I cannot concentrate at all.

Section 14 – Driving

0. I can drive my car without any neck pain.
1. I can drive my car as long as I want with slight pain in my neck.
2. I can drive my car as long as I want with moderate pain in my neck.
3. I cannot drive my car as long as I want because of moderate pain in my neck.
4. I can hardly drive at all because of severe pain in my neck.
5. I cannot drive my car at all.

