

NAME _____ DATE _____ SCORE _____

LOW BACK PAIN DISABILITY QUESTIONNAIRE

When your back hurts, you may find it difficult to do some of the things you normally do. Read the sentences below and mark the sentences that describe you today.

- I stay at home most of the time because of my back pain.
- I change position frequently to try and get my back comfortable
- I walk more slowly than unusual because of my back pain
- Because of my back, I am not doing any jobs that I usually do around the house
- Because of my back, I lie down to rest more often
- Because of my back, I use a handrail to get upstairs
- Because of my back, I have to hold on to something to get out of an easy chair
- Because of my back, I try to get other people to do things for me
- I get dressed more slowly than usual because of my back
- I only stand for short periods of time because of my back
- Because of my back, I try not to bend or kneel down
- I find it difficult to get out of a chair because of my back
- My back is painful almost all of the time
- I find it difficult to turn over in bed because of my back
- My appetite is not very good because of my back pain
- I have trouble putting on my socks because of pain in my low back
- I only walk short distances because of my back
- I sleep less because of my back
- Because of low back pain, I am more irritable and bad tempered with people than usual
- Because of my back pain, I go up stairs more slowly than usual
- I stay in bed most of the time because of my back