

FUNCTIONAL QUESTIONNAIRE

NAME: _____ DATE: _____

How long have you had back/neck pain? _____ Years _____ Months _____ Weeks _____
How long have you had leg/arm pain? _____ Years _____ Months _____ Weeks _____

Please Read:

- 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 which applies to you.

SECTION 1 – Pain Intensity

- I can tolerate the pain I have without having to use pain killers
- The pain is bad but I can manage without taking pain killers
- Pain killers give complete relief from pain
- Pain killers give very little relief from pain
- Pain killers have no effect on the pain and I do not use them

SECTION 2 – Personal Care (Washing, Dressing, etc)

- I can look after myself normally without causing extra pain
- I can look after myself but it causes extra pain.
- It is painful to look after myself and I am slow and careful
- I need some help but manage most of my personal care
- I need help everyday in most aspects of self care
- I do not get dressed, wash with difficulty and stay in bed

SECTION 3 – Lifting

- I can lift heavy weights without extra pain
- I can lift heavy weights but it gives extra pain
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, ie on the table
- Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned
- I can lift only very light weights
- I cannot lift or carry anything at all

SECTION 4 – Walking

- Pain does not prevent me from walking any distance
- Pain prevents me from walking more than 1 mile
- Pain prevents me from walking more than ½ mile
- Pain prevents me from walking more than ¼ mile
- Pain prevents me from walking more than 10 mins
- Pain prevents me from walking at all

SECTION 5 – Sitting

- I can sit in my 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 ½ hour
- Pain prevents me from sitting more than 10 mins
- Pain prevents me from sitting at all

We realize you may consider that two of the statements in any one section relate to you, but please **just mark the box which most closely describes your problem.**

*Adapted and modified Oswestry Pain Scale Outcome Analysis.

SECTION 6 – Standing

- I can stand as long as I want without extra pain
- I can stand as I want but it gives me extra pain
- Pain prevents me from standing for more than 1 hour
- Pain prevents me from standing for more than 30 mins
- Pain prevents me from standing for more than 10 mins
- Pain prevents me from standing at all

SECTION 7 – Sleeping

- Pain does not prevent me from sleeping well
- I can sleep well only by using tablets
- Even when I take tablets I have less than six hours sleep
- Even when I take tablets I have less than four hours sleep
- Even when I take tablets I have less than two hours sleep
- Pain prevents me from sleeping at all

SECTION 8 – Sex Life

- My sex life is normal and gives me no extra pain at all
- My sex life is normal but increases the degree of pain
- My sex life is nearly normal but is very painful
- My sex life is nearly absent because of pain
- Pain prevents any sex life at all

SECTION 9 – Social Life

- My social life is normal and gives me no extra 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, ie dancing, etc.
- Pain has restricted my social life and I do not go out as often
- Pain has restricted my social life to home
- I have no social life because of pain

SECTION 10 – Traveling

- I can travel anywhere without extra pain
- I can travel anywhere but it gives me extra pain
- Pain is bad but I manage journeys over two hours
- Pain restricts me to journeys of less than one hour
- Pain restricts me to short necessary journeys under 30 mins
- Pain prevents me from traveling except to the doctor or hospital

COMMENTS:
