## NECK PAIN AND DISABILITY INDEX (Vernon-Mior)

Print Name:	File #:	Date:				
PLEASE READ INSTRUCTIONS: This questionnaire has been designed to give the doctor information as to how your neck pain has affected your ability to manage in everyday life. Please answer every section and mark in each section only ONE box which applies to you. We realize you may consider that two of the statements in any one section relate to you, but just mark the box which most closely describes your problem.						
SECTION 1 - PAIN INTENSI  ☐ I have no pain at the moment.	ТҮ	SECTION 6 – CONCENTRATION  ☐ I can concentrate fully when I want to with no difficulty.				
☐ The pain is very mild at the mor ☐ The pain is moderate at the mon ☐ The pain is fairly severe at the n	ment.	<ul> <li>☐ I can concentrate fully when I want to with slight difficulty.</li> <li>☐ I have a fair degree of difficulty in concentrating when I want to.</li> <li>☐ I have a lot of difficulty in concentrating when I want to.</li> </ul>				
☐ Then pain is very severe at the r☐ The pain is the worst imaginable	moment.	<ul> <li>☐ I have a great deal of difficulty in concentrating when I want to.</li> <li>☐ I cannot concentrate at all.</li> </ul>				
SECTION 2 – PERSONAL CA ☐ I can look after myself normally ☐ I can look after myself normally	without causing extra pain.	SECTION 7 – WORK  ☐ I can do as much work as I want. ☐ I can only do my usual work, but no more.				
☐ It is painful to look after myself☐ I need some help but manage m	and I am slow and careful.	☐ I can do lost of my usual work, but no more. ☐ I cannot do my usual work.				
☐ I need help every day in most as ☐ I do not get dressed, I wash with	spects of self care.	☐ I can hardly do any work at all. ☐ I can't do any work at all.				
SECTION 3 – LIFTING		SECTION 8 - DRIVING				
$\square$ I can lift heavy weights without	-	☐ I can drive my car without any neck pain.				
if they are conveniently positioned	eavy weights off the floor, but I can manage	<ul> <li>☐ I can drive my car as long as I want with slight pain in my neck</li> <li>☐ I can drive my car as long as I want with moderate pain in my neck.</li> <li>☐ I can't drive my car as long as I want because of moderate pain in my</li> </ul>				
medium weights if they are conver \( \subseteq \text{I can lift very heavy weights.} \)		neck.  I can hardly drive at all because of severe pain in my neck.				
☐ I can't lift or carry anything at a	11.	☐ I can't drive my car at all.				
SECTION 4 – READING	20	SECTION 9 – SLEEPING				
☐ I can read as much as I want to		☐ I have no trouble sleeping.				
☐ I can read as much as I want to		My sleep is slightly disturbed (less than 1 hour sleepless).				
☐ I can read as much as I want wit		My sleep is mildly disturbed (1-2 hours sleepless).				
☐ I can hardly read at all because	ecause of moderate pain in my neck.	<ul> <li>☐ My sleep is moderately disturbed (2-3 hours sleepless).</li> <li>☐ My sleep is greatly disturbed (3-5 hours sleepless).</li> </ul>				
☐ I can not read at all.	or severe pain in my neck.	☐ My sleep is completely disturbed (5-7 hours sleepless).				
SECTION 5 – HEADACHES		SECTION 10 – RECREATION				
$\hfill\Box$ I have no headaches at all.		$\ \square$ I am able to engage in all my recreation activities with no neck pain at all.				
$\square$ I have slight headaches with cor	ne infrequently.	☐ I am able to engage in all my recreation activities, with some pain in my neck.				
$\square$ I have moderate headaches which		<ul> <li>☐ I am able to engage in most, but not all of my usual recreation activities because of pain in my neck.</li> <li>☐ I am able to engage in few of my usual recreation activities because of</li> </ul>				
$\square$ I have moderate headaches which	ch come frequently.	pain in my neck.				
$\square$ I have severe headaches which of		☐ I can hardly do any recreation activities because of pain in my neck.				
$\square$ I have headaches almost all the	time.	☐ I can't do any recreation activities at all.				

Pain Scale: Rate the severity of your pain by checking one box on the following scale

No Pain.	0	1	2	3	4	5	6	7	8	9	10	Excruciation Pain

## LOW BACK PAIN AND DISABILITY QUESTIONNAIRE (Revised Oswestry)

PLEASE READ INSTRUCTIONS: This questionnaire has been designed to give the doctor information as to how your back pain has affected your ability to manage in everyday life. Please answer every section and mark in each section only ONE box which applies to you. We realize you may consider that two of the statements in any one section relate to you, but just mark the box which most closely describes your problem.    SECTION 1 - PAIN INTENSITY	Print Name:	File #:	Date:
□ Lean stand as long as I want without pain.   □ Lean stand as long as I want without pain.   □ I have some pain on standing but it does not increase with time.   □ Lean not stand for longer than 0 hour without increasing pain.   □ Lean not stand for longer than 10 hour without increasing pain.   □ Lean not stand for longer than 10 hour without increasing pain.   □ Lean not stand for longer than 10 hour without increasing pain.   □ Lean not stand for longer than 10 hour without increasing pain.   □ Lean not stand for longer than 10 hour without increasing pain.   □ Lean not stand for longer than 10 hour without increasing pain.   □ Lean not stand for longer than 10 hour without increasing pain.   □ Lean not stand for longer than 10 hour without increasing pain.   □ Lean not stand for longer than 10 hour without increasing pain.   □ Lean not stand for longer than 10 hour without increasing pain.   □ Lean not stand for longer than 10 hour without increasing pain.   □ Lean not stand for longer than 10 hour without increasing pain.   □ Lean not stand for longer than 10 hour without increasing pain.   □ Lean not stand for longer than 10 hour without increasing pain.   □ Lean not stand for longer than 10 hour without increasing pain.   □ Lean not stand for longer than 10 hour without increasing pain.   □ Lean not stand for longer than 10 hour without increasing pain.   □ Lean not walk more than 0 hour washing or dressing well to desire the pain in stand in stand for longer than 10 hour without increase with itime.   □ Lean not walk more than 0 hour washing or dressing in order to avoid standing but it does not increase with interessing pain.   □ Lean not walk more than 0 hour washing or dressing even thought it causes pain and dressing without help.   □ Lean not walk more than 0 hour keep the pain and dressing without help.   □ Lean not walk more than 0 hour keep the pain hour keep t	This questionnaire has been designed to give the doc everyday life. Please answer every section and mark	in each section or	nly ONE box which applies to you. We realize you may consider
The pain comes and goes and is moderate.   The pain is moderate and does not vary much.   The pain is moderate and does not vary much.   The pain is moderate and does not vary much.   The pain is severe and does not vary much.   The pain prevate we pain and the value of the pain is reased the pain straight way.   The pain prevate is the pain straight way.   The pain prevate i	SECTION 1 - PAIN INTENSITY	5	SECTION 6 – STANDING
□ The pain is moderate and does not wary much.   □ Then pain comes and goes and is noderate.   □ Then pain comes and goes and is severe.   □ Then pain comes and goes and is severe.   □ Then pain comes and goes and is severe.   □ Then pain is severe and does not vary much.   □ Then pain is severe and does not vary much.   □ Then pain is severe and does not vary much.   □ Then pain is severe and does not vary much.   □ Then pain is severe and does not vary much.   □ Then pain is severe and does not vary much.   □ Then pain is severe and does not vary much.   □ Then pain is severe and does not vary much.   □ Then pain is severe and does not vary much.   □ Then pain is severe and does not vary much.   □ Then pain is not stand for longer than 4 long in without increasing pain.   □ Then pain is not stand for longer than 4 long in without increasing pain.   □ Then pain is not stand for longer than 4 long in without increasing pain.   □ Then pain is not stand for longer than 10 min without increasing pain.   □ Then pain is not stand for longer than 10 min without increasing pain.   □ Then pain is not stand for longer than 10 min without increasing pain.   □ Then pain is not stand for longer than 10 min without increasing pain.   □ Then pain is not stand for longer than 4 longer than 10 min without increasing pain.   □ Then pain is not stand for longer than 4 longer than 10 min without increasing pain.   □ Then pain is not stand for longer than 4 longer than 4 longer than 10 min without increasing pain.   □ Then pain is not stand for longer than 4 longer than 10 min without increasing pain.   □ Then pain is not stand for longer than 10 min without increasing pain.   □ Then pain is not stand for longer than 10 min without increasing pain.   □ Then pain is not stand for longer than 4 longer than 10 min without increasing pain.   □ Then pain is not stand for longer than 4 longer tha	- · · · · · · · · · · · · · · · · · · ·		
□ Lean not stand for longer than 19 min without increasing pain.     □ Lean not stand for longer than 10 min without increasing pain.     □ Lean not stand for longer than 10 min without increasing pain.     □ Lean not stand for longer than 10 min without increasing pain.     □ Lean not stand for longer than 10 min without increasing pain.     □ Lean not stand for longer than 10 min without increasing pain.     □ Lean not stand for longer than 10 min without increasing pain.     □ Lean not stand for longer than 10 min without increasing pain.     □ Lean not stand for longer than 10 min without increasing pain.     □ Lean not stand for longer than 10 min without increasing pain.     □ Lean not stand for longer than 10 min without increasing pain.     □ Lean not stand for longer than 10 min without increasing pain.     □ Lean not stand for longer than 10 min without increasing pain.     □ Lean not stand for longer than 10 min without increase the pain straight away.     □ Lean not stand for longer than 10 min without increase the pain straight away.     □ Lean not stand for longer than 10 min without increase the pain straight away.     □ Lean not stand for longer than 10 min without increase the pain straight away.     □ Lean not stand for longer than 10 min without increase the pain straight away.     □ Lean not stand for longer than 10 min without increase the pain straight away.     □ Lean not stand for longer than 10 min without increase the pain straight away.     □ Lean not stand for longer than 10 min without increase the pain straight away.     □ Lean not stand for longer than 10 min without increase the pain straight away.     □ Lean not stand for longer than 10 min without increase the pain straight away.     □ Lean not stand for longer than 10 min without increase the pain straight away.     □ Lean not stand for longer than 10 min the dut it does not prevent me from steeping well.     □ Lean not stand for longer than 10 min the dut it does not pain straight away.     □ Lean not stand for longer than	•		
The pain comes and goes and is severe.     Lan not stand for longer than 10 min without increasing pain.   Land its severe and does not vary much.   Land its severe and does not vary much and the vary of washing and dressing in order to avoid pain.   Land its severe and does not vary much and the vary way of doing it.   Land its severe the pain that the vary of doing it.   Land its severe the pain that mumble to do some washing and dressing without help.   Because of pain my normal night's sleep is reduced by less than ½   Because of pain my normal night's sleep is reduced by less than ½   Because of pain my normal night's sleep is reduced by less than ½   Pain prevents me from lifting heavy weights off the floor   Pain prevents me from lifting heavy weights off the floor   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   Land not walk more than one KM without increasing pain.   Pain has no significant effect on my social life and I do not go out very often.   Pain has no significant effect on my social life to my home.   Land not walk more than the walking but it does not increase with distance.   Pain has no significant effect on my social life to my home.   Land not walk m			
□ The pain is severe and does not vary much.    □ I avoid standing because it increases the pain straight away.    □ I avoid 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 thought it causes pain.   □ I do not normally change my way of washing or dressing oven thought it causes pain.   □ Washing and dressing increase the pain but I manage not 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.   □ I can lift heavy weights, but it gives extra pain.   □ I can lift heavy weights, but it gives extra pain.   □ I can lift heavy weights, but it gives extra pain.   □ I can lift heavy weights without extra pain.   □ I can lift heavy weights without extra pain.   □ I can only iff very light weights at the most.    □ I can only iff very light weights at the most.    □ I can not walk more than the KM without increasing pain.   □ I can not walk more than the KM without increasing pain.   □ I can not walk more than the KM without increasing pain.   □ I can not walk more than the KM without increasing pain.   □ I can not walk more than the KM without increasing pain.   □ I can not walk more than the KM without increasing pain.   □ I can not walk more than the KM without increasing pain.   □ I can not walk more than the KM without increasing pain.   □ I can not walk more than the KM without increasing pain.   □ I can not walk more than the KM without increasing pain.   □ I can not walk more than the KM without increasing pain.   □ I can not walk more than the KM without increasing pain.   □ I can not walk more than the KM without increasing pain.   □ I can not walk more than the KM without increasing pain.   □ I can not walk more than the KM without increasing pain.   □ I can not walk more than the KM without increasing pain.   □ I can not walk more than the KM without increasing pain.   □ I can no	-		
SECTION 2 – PERSONAL CARE   I would not have to change my way of washing or dressing in order to avoid pain.   1 do not normally change my way of washing or dressing even thought it causes pain.   2 laget no pain in bed.   1 get pain in bed but it does not prevent me from sleeping well.   3 laget no pain in bed.   1 get pain in bed but it does not prevent me from sleeping well.   4 laget no pain in bed but it does not prevent me from sleeping well.   5 laget no pain in bed but it does not prevent me from sleeping well.   6 laget no pain in bed but it does not prevent me from sleeping well.   6 laget no pain in bed but it does not prevent me from sleeping well.   6 laget no pain in bed but it does not prevent me from sleeping well.   6 laget no pain in bed but it does not prevent me from sleeping well.   8 laget no pain in bed but it does not prevent me from sleeping well.   9 laget no pain in bed but it does not prevent me from sleeping well.   9 laget no pain my normal night's sleep is reduced by less than ½ laget no pain my normal night's sleep is reduced by less than ½ laget no pain my normal night's sleep is reduced by less than ½ laget no pain my normal night's sleep is reduced by less than ½ laget no pain my normal night's sleep is reduced by less than ½ laget no pain my normal night's sleep is reduced by less than ½ laget no pain my normal night's sleep is reduced by less than ½ laget no pain my normal night's sleep is reduced by less than ½ laget no pain my normal night's sleep is reduced by less than ½ laget no pain my normal night's sleep is reduced by less than ½ laget no pain my normal night's sleep is reduced by less than ½ laget no pain my normal night's sleep is reduced by less than ½ laget no pain my normal night's sleep is reduced by less than ½ laget no pain my normal night's sleep is reduced by less than ½ laget no pain my normal night's sleep is reduced by less than ½ laget no pain my normal night's sleep is reduced by less than ½ laget no pain my normal night's sleep is reduced by less than	-		0.1
I yould 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 thought it washing and dressing increase the pain but I manage not to change my way of doing it.   Washing and dressing increase the pain and 1 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.   Because of the pain I am unable to do any washing and dressing without help.   SECTION 3 − LIFTING	The pain is severe and does not vary much.		☐ 1 avoid standing because it increases the pain straight away.
1 da not normally change my way of washing or dressing even thought it causes pain.   1 day not normally change my way of doing it.   1 get pain in bed.   1 get pain in bed but it does not prevent me from sleeping well.   1 get pain in bed but it does not prevent me from sleeping well.   1 get pain in bed but it does not prevent me from sleeping well.   1 get pain in bed but it does not prevent me from sleeping well.   1 get pain in bed but it does not prevent me from sleeping well.   2 get pain in bed but it does not prevent me from sleeping well.   3 gecause of pain my normal night's sleep is reduced by less than ½   3 gecause of the pain 1 am unable to do any washing and dressing without help   3 gecause of the pain 1 am unable to do any washing and dressing without help   3 gecause of the pain 1 am unable to do any washing and dressing without help   4 gecause of the pain 1 am unable to do any washing and dressing without help   5 gecause of the pain 1 am unable to do any washing and dressing without help   5 gecause of the pain 1 am unable to do any washing and dressing without help   5 gecause of pain my normal night's sleep is reduced by less than ½   5 gecause of pain my normal night's sleep is reduced by less than ½   5 gecause of pain my normal night's sleep is reduced by less than ½   5 gecause of pain my normal night's sleep is reduced by less than ½   6 gecause of pain my normal night's sleep is reduced by less than ½   6 gecause of pain my normal night's sleep is reduced by less than ½   6 gecause of pain my normal night's sleep is reduced by less than ½   6 gecause of pain my normal night's sleep is reduced by less than ½   6 gecause of pain my normal night's sleep is reduced by less than ½   6 gecause of pain my normal night's sleep is reduced by less than ½   8 gecause of pain my normal night's sleep is reduced by less than ½   8 gecause of pain my normal night's sleep is reduced by less than ½   8 gecause of pain my normal night's sleep is reduced by less than ½   8 gecause of pain my normal			SECTION 7 – SLEEPING
I do not normally change my way of washing or dressing even thought it causes pain.   Washing and dressing increase the pain but I manage not to change my way of doing it.   Washing and dressing increase 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.   Because of the pain I am unable to do any washing and dressing without help.   Because of the pain I am unable to do any washing and dressing without help.   SECTION 3 - LIFTING	- · · · · · · · · · · · · · · · · · · ·	sing in order to	☐ I get no pain in bed.
it causes pain.		ig even thought	
way of doing it.    Washing and dressing increase 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.   Because of the pain I am unable to do any washing and dressing without help.   Because of the pain I am unable to do any washing and dressing without help.   Because of the pain I am unable to do any washing and dressing without help.   Because of pain my normal night's sleep is reduced by less than ½     Because of pain my normal night's sleep is reduced by less than ½     Because of pain my normal night's sleep is reduced by less than ½     Because of pain my normal night's sleep is reduced by less than ½     Because of pain my normal night's sleep is reduced by less than ½     Because of pain my normal night's sleep is reduced by less than ½     Because of pain my normal night's sleep is reduced by less than ½     Because of pain my normal night's sleep is reduced by less than ½     Because of pain my normal night's sleep is reduced by less than ½     Because of pain my normal night's sleep is reduced by less than ½     Pain prevents me from sleeping at all.     Pain prevents me from sleeping at all.     SECTION 3 - LIFTING     My social life is normal but increases the degree of pain.     My social life is normal and gives me no pain.     My social life is normal but increases the degree of pain.     My social life is normal but increases the degree of pain.     My social life was reduced by less than ½     Pain has restricted my social life on my social life apart from limiting my my energetic interests (e.g. dancing, etc.)     Pain has restricted my social life to my social life because of the pain.     SECTION 4 — WALKING     I have hardly any social life to my social life to my social life pain has restricted my social life to my social life to my social life spain has restricted my social life to my social life spain has restricted m	it causes pain.	-   L	☐ I get pain in bed but it does not prevent me from sleeping well.
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.   Because of the pain I am unable to do any washing and dressing without help.   Pain prevents me from sleeping at all.   Pain prevents me from sleeping at all.   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   Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned (e.g. on a table).   Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.   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 bardly any social life to my home.   I have bardly any social life because of the pain.    SECTION 9 — TRAVELLING   I get some pain while traveling but none of my usual forms of travel make it any worse.   I get star pain whilst traveling but it does not compel me to seek alternative forms of travel.   I get star pain whilst traveling which compels me to seek alternative forms of travel.   I get star pain whilst traveling which compels me to seek alternative forms of travel.   Pain restricts all forms of travel.   Pain prevents all forms of travel except that are done lying down.    SECTION 5 - SITTING   Pain prevents me from sitting more than one hour.   Pain prevents me from sitting more than half hour.	way of doing it.		☐ Because of pain my normal night's sleep is reduced by less than 1/4
Because of the pain I am unable to do any washing and dressing without help.   Because of the pain I am unable to do any washing and dressing without help.   Pain prevents me from sleeping at all.   SECTION 3 - LIFTING	my way of doing it.		☐ Because of pain my normal night's sleep is reduced by less than ½
Pain prevents me from siceping at an.		d dressing	☐ Because of pain my normal night's sleep is reduced by less than ¾
I can lift heavy weights without extra pain.     My social life is normal and gives me no pain.     My social life is normal but increases the degree of pain.     My social life is normal but increases the degree of pain.     My social life is normal but increases the degree of pain.     My social life is normal but increases the degree of pain.     My social life is normal but increases the degree of pain.     My social life is normal but increases the degree of pain.     My social life is normal but increases the degree of pain.     My social life is normal but increases the degree of pain.     My social life is normal but increases the degree of pain.     My social life is normal but increases the degree of pain.     My social life is normal but increases the degree of pain.     My social life is normal but increases the degree of pain.     My social life is normal but increases the degree of pain.     My social life is normal but increases the degree of pain.     My social life is normal but increases the degree of pain.     My social life is normal but increases the degree of pain.     My social life is normal but increases the degree of pain.     Pain has no significant effect on my social life and I do not go ut very often.     Pain has restricted my social life and I do not go out very often.     Pain has restricted my social life and I do not go out very often.     Pain has restricted my social life and I do not go out very often.     Pain has restricted my social life and I do not go out very often.     Pain has restricted my social life and I do not go out very often.     Pain has restricted my social life and I do not go out very often.     Pain has restricted my social life and I do not go out very often.     Pain has restricted my social life and I do not go out very often.     Pain has restricted my social life and I do not go out very often.     Pain has restricted my social life and I do not go out very often.     Pain has restricted my social life and I do not go out very often.     Pain ha	-	dressing without	☐ Pain prevents me from sleeping at all.
I can lift heavy weights, but it gives extra pain.   My social life is normal but increases the degree of pain.   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 (e.g. on a table).   Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned (e.g. on a table).   Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.   Pain has restricted my social life and I do not go out very often.   Pain has restricted my social life to my home.   Pain has restricted my social life because of the pain.   Pain has restricted my social life because of the pain.   Pain has restricted my social life to my home.   I have hardly any social life because of the pain.   Pain pain while walking but it does not increase with distance.   I get no pain whilst traveling but none of my usual forms of travel make it any worse.   I get some pain whilst traveling but it does not compel me to seek alternative forms of travel.   I get extra pain whilst traveling but it does not compel me to seek alternative forms of travel.   Pain prevents all forms of travel.   Pain prevents all forms of travel except that are done lying down.   Pain prevents all forms of travel except that are done lying down.   Pain prevents me from sitting more than one hour.   My pain is rapidly getting better.   My pain seems to be getting better but improvement is slow a present.   My pain is neither getting better nor worse.	SECTION 3 – LIFTING		SECTION 8 - SOCIAL LIFE
I can lift heavy weights, but it gives extra pain.   My social life is normal but increases the degree of pain.   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 (e.g. on a table).   Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned (e.g. on a table).   Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.   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.   Pain has restricted my social life to my home.   I have hardly any social life because of the pain.   Pain has restricted my social life to my home.   I have hardly any social life to my home.   I have hardly any social life and I do not go out very often.   Pain has restricted my social life and I do not go out very often.   Pain has restricted my social life and I do not go out very often.   Pain has restricted my social life and I do not go out very often.   Pain has restricted my social life and I do not go out very often.   Pain has restricted my social life and I do not go out very often.   Pain has restricted my social life and I do not go out very often.   Pain has restricted my social life and I do not go out very often.   Pain has restricted my social life and I do not go out very often.   Pain has restricted my social life and I do not go out very often.   Pain has restricted my social life and I do not go out very often.   Pain has restricted my social life and I do not go out very often.   Pain has restricted my social life and I do not go out very often.   Pain has restricted my social life and I do not go out very often.   Pain has restricted my social life and I do not go out very often.   Pain has restricted my social life and I do not go out very of	☐ I can lift heavy weights without extra pain.		☐ My social life is normal and gives me no pain.
Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned (e.g. on a table).   Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned (e.g. on a table).   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 while walking.   I have some pain while walking but it does not increase with distance.   I can not walk more than one KM without increasing pain.   I can not walk more than ½ KM without increasing pain.   I can not walk more than ½ KM without increasing pain.   I can not walk at all without increasing pain.   I can not walk at all without increasing pain.   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 half hour.   Pain prevents me from sitting more than half hour.   My pain is neither getting better nor worse.   My pain is neither getting better nor worse.	$\Box$ I can lift heavy weights, but it gives extra pain.		☐ My social life is normal but increases the degree of pain.
Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned (e.g. on a table).   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	$\square$ Pain prevents me from lifting heavy weights off the flow		
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.    Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.   I have no pain while walking.   I have no pain while walking.   I have some pain while walking but it does not increase with distance.   I can not walk more than one KM without increasing pain.   I can not walk more than ½ KM without increasing pain.   I can not walk more than ¼ KM without increasing pain.   I can not walk more than ¼ KM without increasing pain.   I can not walk at all without increasing pain.   Pain restricts all forms of travel.   Pain prevents all forms of travel except that are done lying down.    Pain prevents me from sitting more than one hour.   Pain prevents me from sitting more than half hour.		manage light to	
medium weights if they are conveniently positioned.    I can only lift very light weights at the most.    I have no pain while walking.   I have no pain while walking.   I have no pain while walking but it does not increase with distance.   I get no pain while traveling.   I get some pain whilst traveling but none of my usual forms of travel make it any worse.   I get extra pain whilst traveling but it does not compel me to seek alternative forms of travel.   I get extra pain whilst traveling which compels me to seek alternative forms of travel.   I get extra pain whilst traveling which compels me to seek alternative forms of travel.   Pain prevents all forms of travel.   Pain prevents me from sitting more than one hour.   My pain is neither getting better nor worse.		on a table).	
□ I can only lift very light weights at the most.  SECTION 4 − WALKING □ I have no pain while walking. □ I have some pain while walking but it does not increase with distance. □ I can not walk more than one KM without increasing pain. □ I can not walk more than ½ KM without increasing pain. □ I can not walk more than ½ KM without increasing pain. □ I can not walk more than ¼ KM without increasing pain. □ I can not walk at all without increasing pain. □ I can not walk at all without increasing pain. □ I can not walk at all without increasing pain. □ I can not walk at all without increasing pain. □ I can not walk at all without increasing pain. □ I can not walk at all without increasing pain. □ Pain prevents all forms of travel. □ Pain prevents me from sitting more than one hour. □ Pain prevents me from sitting more than half hour. □ My pain is neither getting better nor worse.		manage right to	☐ Pan has restricted my social life to my home.
□ I have no pain while walking.       □ I get no pain whilst traveling.       □ I get some pain whilst traveling but none of my usual forms of travel make it any worse.         □ I can not walk more than one KM without increasing pain.       □ I get extra pain whilst traveling but it does not compel me to seek alternative forms of travel.         □ I can not walk more than ½ KM without increasing pain.       □ I get extra pain whilst traveling but it does not compel me to seek alternative forms of travel.         □ I can not walk more than ½ KM without increasing pain.       □ I get extra pain whilst traveling but it does not compel me to seek alternative forms of travel.         □ I can not walk more than ¼ KM without increasing pain.       □ Pain restricts all forms of travel.         □ Pain prevents all forms of travel except that are done lying down.         SECTION 10 – CHANGING DEGREE OF PAIN         □ My pain is rapidly getting better.         □ My pain seems to be getting better but improvement is slow a present.         □ Pain prevents me from sitting more than one hour.       □ My pain is neither getting better nor worse.			☐ I have hardly any social life because of the pain.
□ I have no pain while walking.       □ I get no pain whilst traveling.       □ I get some pain whilst traveling but none of my usual forms of travel make it any worse.         □ I can not walk more than one KM without increasing pain.       □ I get extra pain whilst traveling but it does not compel me to seek alternative forms of travel.         □ I can not walk more than ½ KM without increasing pain.       □ I get extra pain whilst traveling but it does not compel me to seek alternative forms of travel.         □ I can not walk more than ½ KM without increasing pain.       □ I get extra pain whilst traveling but it does not compel me to seek alternative forms of travel.         □ I can not walk more than ¼ KM without increasing pain.       □ Pain restricts all forms of travel.         □ Pain prevents all forms of travel except that are done lying down.         SECTION 10 – CHANGING DEGREE OF PAIN         □ My pain is rapidly getting better.         □ My pain seems to be getting better but improvement is slow a present.         □ Pain prevents me from sitting more than one hour.       □ My pain is neither getting better nor worse.	SECTION 4 – WAI KING		SECTION 9 – TRAVELLING
□ I have some pain while walking but it does not increase with distance. □ I can not walk more than one KM without increasing pain. □ I can not walk more than ½ KM without increasing pain. □ I can not walk more than ½ KM without increasing pain. □ I can not walk more than ¼ KM without increasing pain. □ I can not walk more than ¼ KM without increasing pain. □ I can not walk at all without increasing pain. □ Pain prevents all forms of travel. □ Pain prevents me from sitting more than one hour. □ Pain prevents me from sitting more than half hour. □ I get extra pain whilst traveling but it does not compel me to seek alternative forms of travel. □ I get extra pain whilst traveling but it does not compel me to seek alternative forms of travel. □ Pain restricts all forms of travel. □ Pain prevents all forms of travel except that are done lying down.  SECTION 10 – CHANGING DEGREE OF PAIN □ My pain is rapidly getting better. □ My pain fluctuates but overall is definitely getting better. □ My pain seems to be getting better but improvement is slow a present. □ My pain is neither getting better nor worse.			
□ I can not walk more than one KM without increasing pain. □ I can not walk more than ½ KM without increasing pain. □ I can not walk more than ½ KM without increasing pain. □ I can not walk more than ¼ KM without increasing pain. □ I can not walk more than ¼ KM without increasing pain. □ I can not walk at all without increasing pain. □ Pain restricts all forms of travel. □ Pain prevents all forms of travel except that are done lying down.  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 half hour. □ My pain is neither getting better nor worse.	•	with distance	☐ I get some pain whilst traveling but none of my usual forms of travel
alternative forms of travel.  ☐ I can not walk more than ½ KM without increasing pain.  ☐ I can not walk more than ½ KM without increasing pain.  ☐ I can not walk more than ¼ KM without increasing pain.  ☐ I can not walk at all without increasing pain.  ☐ Pain restricts all forms of travel.  ☐ Pain prevents all forms of travel except that are done lying down.  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 half hour.  □ My pain is neither getting better nor worse.	I have some pain wine warking but it does not increase	1	
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<ul> <li>☐ I can only sit in my favorite chair as long as I like.</li> <li>☐ Pain prevents me from sitting more than one hour.</li> <li>☐ Pain prevents me from sitting more than half hour.</li> <li>☐ My pain fluctuates but overall is definitely getting better.</li> <li>☐ My pain seems to be getting better but improvement is slow a present.</li> <li>☐ My pain is neither getting better nor worse.</li> </ul>	SECTION 5 – SITTING	5	SECTION 10 – CHANGING DEGREE OF PAIN
<ul> <li>□ Pain prevents me from sitting more than one hour.</li> <li>□ My pain seems to be getting better but improvement is slow a present.</li> <li>□ Pain prevents me from sitting more than half hour.</li> <li>□ My pain is neither getting better nor worse.</li> </ul>	$\square$ I can sit in any chair as long as I like.		☐ My pain is rapidly getting better.
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$\square$ Pain prevents me from sitting more than half hour. $\square$ My pain is neither getting better nor worse.	$\Box$ Pain prevents me from sitting more than one hour.		
	$\hfill\square$ Pain prevents me from sitting more than half hour.		
$\square$ Pain prevents me from sitting more than 10 min. $\square$ My pain is gradually worsening.			☐ My pain is gradually worsening.
☐ I avoid sitting because it increases pain straight away. ☐ My pain is rapidly worsening.	☐ I avoid sitting because it increases pain straight away.		☐ My pain is rapidly worsening.

Pain Scale: Rate the severity of your pain by checking one box on the following scale.

No Pain 0 1 2 3 4 5 6 7 8 9 10