

Name _____ Date _____ Visit _____

Please rate the severity of your pain over the last week by circling a number below.

No pain | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Unbearable pain

Please circle the **ONE** NUMBER in each section that most closely describes your problem.

<p>Section 1 - Pain Intensity</p> <p>0 The pain comes and goes and is very mild.</p> <p>1 The pain is mild and does not vary much.</p> <p>2 The pain comes and goes and is moderate.</p> <p>3 The pain is moderated and does not vary much.</p> <p>4 The pain comes and goes and is severe.</p> <p>5 The pain is severe and does not vary much.</p>	<p>Section 6 - Standing</p> <p>0 I can stand as long as I want without pain.</p> <p>1 I have some pain on standing but it does not increase with time.</p> <p>2 I cannot stand for longer than 1 hour without increasing pain.</p> <p>3 I cannot stand for longer than 1/2 hour without increasing pain.</p> <p>4 I cannot stand for longer than 10 minutes without increasing pain.</p> <p>5 I avoid standing because it increases the pain immediately.</p>
<p>Section 2 - Personal Care (Washing, Dressing, etc.)</p> <p>0 I would not have to change my way of washing or in order to avoid pain.</p> <p>1 I do not normally change my way of washing or dressing even though it causes some pain.</p> <p>2 Washing and dressing increase the pain but I manage not to change my way of doing it.</p> <p>3 Washing and dressing increase the pain and I find it necessary to change my way of doing it.</p> <p>4 Because of the pain I am unable to do some washing and dressing without help.</p> <p>5 Because of the pain I am unable to do any washing and dressing without help.</p>	<p>Section 7 - Sleeping</p> <p>0 I have no pain in bed.</p> <p>1 I have pain in bed but it does not prevent me from sleeping well.</p> <p>2 Because of pain my normal nights sleep is reduced by less than 1/4.</p> <p>3 Because of pain my normal nights sleep is reduced by less than 1/2.</p> <p>4 Because of pain my normal nights sleep is reduced by less than 3/4.</p> <p>5 Pain prevents me from sleeping at all.</p>
<p>Section 3 - Lifting</p> <p>0 I can lift heavy weights without extra pain.</p> <p>1 I can lift heavy weights but it gives extra pain.</p> <p>2 Pain prevents me lifting heavy weights off the floor.</p> <p>3 Pain prevents me lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g., on a table).</p> <p>4 Pain prevents me lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.</p> <p>5 I can only lift very light weights at most.</p>	<p>Section 8 - Social Life</p> <p>0 My social life is normal and causes me no pain.</p> <p>1 My social life is normal but it increases the degree of pain.</p> <p>2 Pain has no significant effect on my social life apart from limiting my more energetic interests (e.g., dancing).</p> <p>3 Pain has restricted my social life and I don't go out very often.</p> <p>4 Pain has restricted my social life to my home.</p> <p>5 I have hardly any social life because of the pain.</p>
<p>Section 4 - Walking</p> <p>0 I have no pain when walking.</p> <p>1 I have some pain when walking, but it does not increase with distance.</p> <p>2 I cannot walk more than 1 mile without increasing pain.</p> <p>3 I cannot walk more than 1/2 mile without increasing pain.</p> <p>4 I cannot walk more than 1/4 mile without increasing pain.</p> <p>5 I cannot walk at all without increasing pain.</p>	<p>Section 9 - Traveling</p> <p>0 I have no pain when traveling.</p> <p>1 I have some pain when traveling but none of my usual forms of travel make it any worse.</p> <p>2 I have extra pain while traveling but it does not compel me to seek alternate forms of travel.</p> <p>3 I have extra pain while traveling which compels me to seek alternate forms of travel.</p> <p>4 Pain restricts me to short necessary journeys under 1/2 hour.</p> <p>5 Pain restricts all forms of travel.</p>
<p>Section 5 - Sitting</p> <p>0 I can sit in any chair as long as I like.</p> <p>1 I can sit in only my favorite chair as long as I like.</p> <p>2 Pain prevent me from sitting more than 1 hour.</p> <p>3 Pain prevent me from sitting more than 1/2 hour.</p> <p>4 Pain prevent me from sitting more than 10 minutes.</p> <p>5 I avoid sitting because it increases pain immediately.</p>	<p>Section 10 - Changing Degree of Pain</p> <p>0 My pain is rapidly getting better.</p> <p>1 My pain fluctuates but is definitely getting better.</p> <p>2 My pain seems to be getting better but improvement is slow.</p> <p>3 My pain is neither getting better or worse.</p> <p>4 My pain is gradually worsening.</p> <p>5 My pain is rapidly worsening.</p>