

BACK PAIN WORKSHEET

| Because of your back problems, how difficult is it to.... | 1 <i>(not difficult)</i> | 2 | 3 | 4 | 5 | 6 <i>(unable to do)</i> |
|---|-----------------------------|---|---|---|---|----------------------------|
| Get out of bed? | | | | | | |
| Sleep through the night? | | | | | | |
| Turn over in bed? | | | | | | |
| Ride in a car? | | | | | | |
| Stand up for 20-30 minutes? | | | | | | |
| Sit in a chair for several hours? | | | | | | |
| Climb one flight of stairs? | | | | | | |
| Walk a few blocks? | | | | | | |
| Walk several miles? | | | | | | |
| Reach up to high shelves? | | | | | | |
| Throw a ball? | | | | | | |
| Make your bed? | | | | | | |
| Put on socks? | | | | | | |
| Pick up an item off the floor? | | | | | | |
| Move a chair? | | | | | | |
| Pull or push heavy doors? | | | | | | |
| Carry two bags of groceries? | | | | | | |