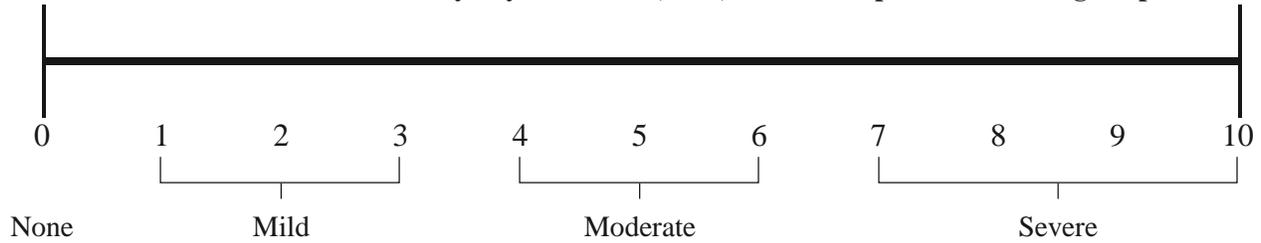


Use three circles to rate the intensity of your current, best, AND worst pain levels during the past week:



Instructions: Please circle **ONE NUMBER** in each section which most closely describes your problem. Be sure to answer **EVERY SECTION**.

Section 1 - Pain Intensity

- 0. Pain is very mild and comes and goes.
- 1. Pain is mild and constant.
- 2. Pain is moderate and comes and goes.
- 3. Pain is moderate and constant.
- 4. Pain is severe and comes and goes.
- 5. Pain is severe and constant.

Section 2 - Personal Care (Washing, Dressing, etc.)

- 0. I can take care of myself normally without causing increased pain.
- 1. I can take care of myself normally, but it increases my pain.
- 2. It is painful to take care of myself and I am slow and careful.
- 3. I need help, but I am able to manage most of my personal care.
- 4. I need help every day in most aspects of my care.
- 5. I do not get dressed, I wash with difficulty, and I stay in bed.

Section 3 - Lifting

- 0. I can lift heavy weights without extra pain.
- 1. I can lift heavy weights but it causes extra pain.
- 2. Pain prevents me from lifting heavy weights off the floor, but I can if they are conveniently positioned, e.g. on the table.
- 3. Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.
- 4. I can lift very light weights.
- 5. I cannot lift or carry anything at all.

Section 4 - Walking

- 0. Pain does not prevent me from walking any distance.
- 1. I cannot walk more than 1 mile without increasing pain.
- 2. I cannot walk more than 1/2 mile without increasing pain.
- 3. I cannot walk more than 1/4 mile without increasing pain.
- 4. I can walk only with crutches or a cane.
- 5. I cannot walk at all without increasing pain.

Section 5 - Sitting

- 0. I can sit in any chair as long as I like.
- 1. I can only sit in my favorite chair as long as I like.
- 2. Pain prevents me from sitting more than 1 hour.
- 3. Pain prevents me from sitting more than 1/2 hour.
- 4. Pain prevents me from sitting more than 10 minutes.
- 5. I avoid sitting because it increases pain immediately.

Section 6 - Standing

- 0. I can stand as long as I want without pain.
- 1. I can stand as long as I want but it causes pain.
- 2. I cannot stand for longer than 1 hour without increasing pain.
- 3. I cannot stand for longer than 1/2 hour without increasing pain.
- 4. I cannot stand for longer than 10 minutes without increasing pain.
- 5. I avoid standing because it increases pain immediately.

Section 7 - Sleeping

- 0. Pain does not prevent me from sleeping well.
- 1. My sleep is occasionally disturbed by pain.
- 2. Because of pain, I often sleep less than 6 hours.
- 3. Because of pain, I often sleep less than 4 hours.
- 4. Because of pain, I often sleep less than 2 hours.
- 5. Pain often prevents me from sleeping at all.

Section 8 - Social Life

- 0. My social life is normal and does not increase my pain.
- 1. My social life is normal but it increases the degree of pain.
- 2. Pain prevents me from participating in more energetic interests (i.e. sports, dancing, etc).
- 3. Pain has restricted my social life and I do not go out very often.
- 4. Pain has restricted my social life to my home.
- 5. I have hardly any social life because of my pain.

Section 9 - Traveling

- 0. I can travel anywhere without increased pain.
- 1. I can travel anywhere, but it increases my pain.
- 2. My pain restricts my travel to less than 2 hours.
- 3. My pain restricts my travel to less than 1 hour.
- 4. My pain restricts my travel to short necessary journeys under ~hour.
- 5. My pain prevents all travel except for emergencies.

Section 10 - Recreation

- 0. My normal homemaking/job activities do not cause pain.
- 1. My normal homemaking/job activities increase my pain, but I can still perform all that is required of me.
- 2. I can perform most of my normal homemaking/job duties, but pain prevents me from performing most physically stressful activities (i.e. lifting, vacuuming, etc).
- 3. Pain prevents me from doing anything but light duties.
- 4. Pain prevents me from doing even light duties.
- 5. Pain prevents me from performing any job or homemaking chores.