



Low Back Pain Disability Questionnaire

Patient Name: _____

Date: _____

Pain Intensity

- The pain comes and goes and is very mild
- The pain is mild and does not vary much
- The pain is moderate and comes and goes
- The pain is moderate and does not vary much
- The pain comes and goes and is severe
- The pain is severe and does not vary much

Personal Care

- I would 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 though it causes some 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 pain I am unable to do washing and dressing without help

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 off the floor, but I can manage if they are conveniently positioned, e.g.—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

Walking

- I have no pain with walking
- I have some pain with walking but it does not increase with distance
- I cannot walk more than 1 mile without increasing pain
- I cannot walk more than ½ mile without increasing pain
- I cannot walk more than ¼ mile without increasing pain
- I cannot walk at all without increasing pain

Sitting

- I can sit in any chair for as long as I like
- I can sit only in my favorite chair for as long as I like
- Pain prevents me from sitting for more than 1 hour
- Pain prevents me from sitting more than ½ hour
- Pain prevents me from sitting more than 10 minutes
- I avoid sitting because it increases my pain immediately

Standing

- I can stand as long as I want to without pain
- I have some pain with standing but it does not increase with time
- I cannot stand for longer than 1 hour without increasing pain
- I cannot stand for longer than ½ hour without increasing pain
- I cannot stand for longer than 10 minutes without increasing pain
- I avoid standing because it increases my pain immediately

Sleeping

- I get no pain in bed
- I get pain in bed but it does not prevent me from sleeping well
- Because of pain my normal night's sleep is reduced by less than ¼
- 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 ¾
- Pain prevents me from sleeping at all

Social Life

- My social life is normal and gives me no pain
- My social life is normal but it increases the degree of pain
- Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g.— dancing etc..
- 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 pain

Travelling

- I get no pain when travelling
- I get some pain when travelling but none of my usual forms of travel make it any worse
- I get extra pain when travelling but it does not compel me to seek alternate forms of travel
- I get extra pain while travelling which compels me to seek alternate forms of travel
- Pain restricts me to short necessary journeys under ½ hour
- Pain restricts me from all forms of travel

Changing Degree of Pain

- My pain is rapidly getting better
- My pain fluctuates but is definitely getting better
- My pain seems to be getting better but improvement is slow
- My pain is neither getting better nor worse
- My pain is gradually worsening
- My pain is rapidly worsening

Patient Signature: _____