

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Functional Score: \_\_\_\_\_ / 24  
Pain Scale Score: \_\_\_\_\_ / 100

FOR THERAPIST USE ONLY

## ROLAND MORRIS BACK QUESTIONNAIRE

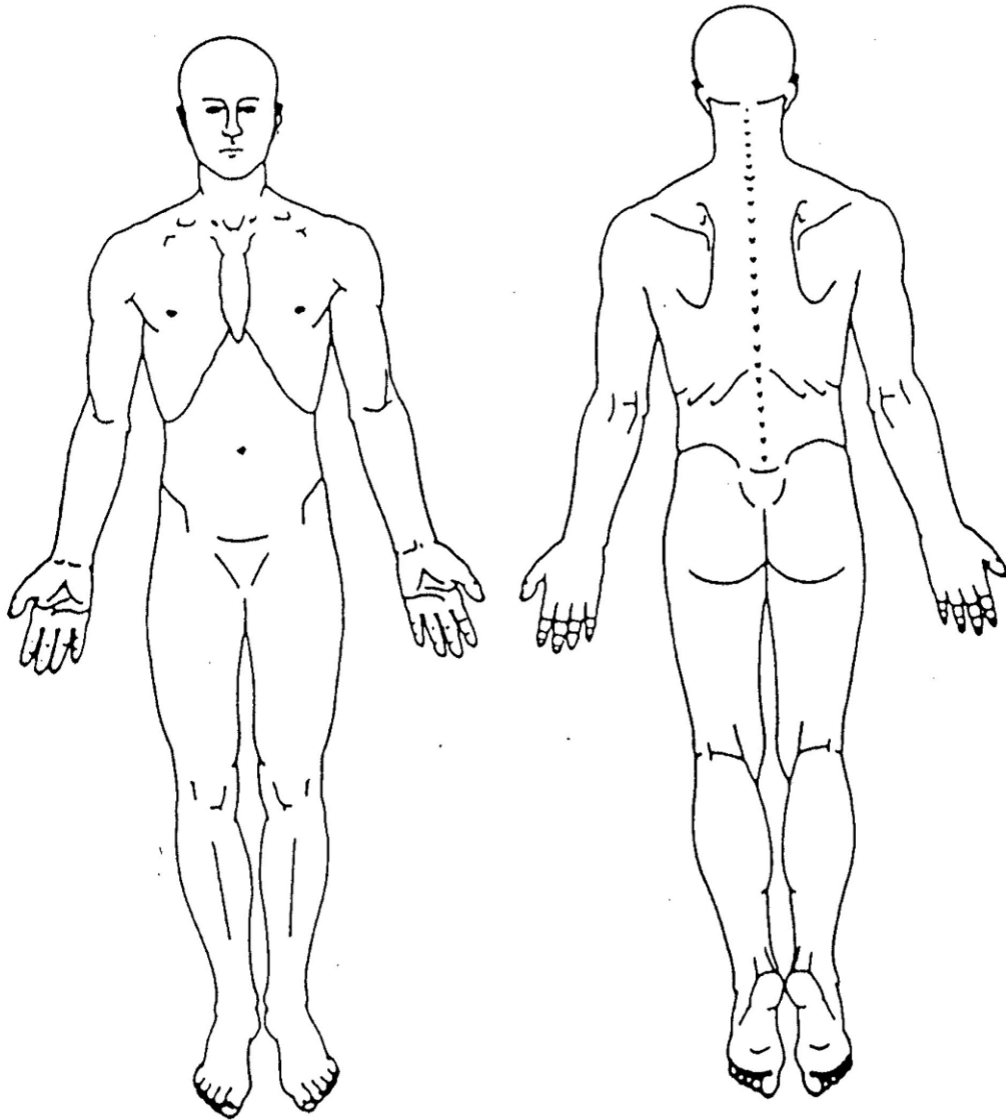
When your back hurts, it may be difficult to do some of the things you normally do. This list contains sentence that people have used to describe themselves when they have back pain. When you read them you may find that some stand out because they describe you today. As you read the list, if a sentence describes you today, put a check next to it. If the sentence does not describe you, then leave the space blank and go on to the next one. Remember, only check the sentence if you are sure that it describes you today.

- \_\_\_ 1. I stay at home most of the time because of my back pain.
- \_\_\_ 2. I change positions frequently to try to get my back comfortable.
- \_\_\_ 3. I walk more slowly than usual because of my back.
- \_\_\_ 4. Because of my back, I am not doing any of the jobs that I usually do around the house.
- \_\_\_ 5. Because of my back, I use a handrail to get upstairs.
- \_\_\_ 6. Because of my back, I lie down to rest often.
- \_\_\_ 7. Because of my back, I have to hold on to something to get out of my easy chair.
- \_\_\_ 8. Because of my back, I try to get other people to do things for me
- \_\_\_ 9. I get dress more slowly because of my back.
- \_\_\_ 10. I only stand up for short periods of time because of my back.
- \_\_\_ 11. Because of my back, I try not to bend or kneel down.
- \_\_\_ 12. I find it difficult to get out of my chair because of my back.
- \_\_\_ 13. My back is painful almost all of the time.
- \_\_\_ 14. I find it difficult to turn over in bed because of my back.
- \_\_\_ 15. My appetite is not very good because of my back pain.
- \_\_\_ 16. I have trouble putting on my socks (or stockings) because of the pain in my back.
- \_\_\_ 17. I only walk short distances because of my back pain.
- \_\_\_ 18. I sleep less well because of my back
- \_\_\_ 19. Because of my back pain, I get dressed with help from someone else.
- \_\_\_ 20. I sit down for most of the day because of my back.
- \_\_\_ 21. I avoid heavy jobs around the house because of my back.
- \_\_\_ 22. Because of my back pain, I am more irritable and bad tempered with people than usual.
- \_\_\_ 23. Because of my back pain, I go upstairs more slowly than usual.
- \_\_\_ 24. I stay in bed most of the time because of my back.

## INSTRUCTIONS

Indicate where your pain is located and what type of pain you feel at the present time. Fill in the areas on the body diagram with the appropriate symbols below to describe your pain. Do not indicate areas of pain that are not related to your present injury or condition.

**KEY:** (///) STABBING (XXX) BURNING (OOO) PINS AND NEEDLES (= = =) NUMBNESS.



## VISUAL ANALOG PAIN SCALE

Make a mark ( / ) across the line which describes your pain between  
“No pain at all” and “Worst pain imaginable.”

No pain at all

Worst pain imaginable

