

Low Back Disability Questionnaire

Section 1: Pain Intensity

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

Section 2: Personal Care (washing, Dressing, etc.)

- I would not have to change the way of washing or dressing in order to avoid pain.
- I do not normally change my way of washing and dressing even though it causes some pain.
- Washing and dressing increases the pain, but I manage not to change my way of doing it.
- Washing and dressing increases 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 the pain, I am unable to do any washing and dressing without help.

Section 3: Lifting

- I can lift heavy weights without extra pain.
- I can lift heavy weights but it gives me extra pain.
- Pain prevents me from lifting heavy weights off the floor but I can if they are in convenient places.
- Pain prevents me from lifting heavy weights off the floor.
- Pain prevents me from lifting heavy weights, but I can manage medium weights conveniently positioned.
- I can only lift very light weights at the most.

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Section 4: Walking

- I have no pain walking.
- I have some pain on walking, but it does not increase with distance.
- I cannot walk more than one 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.

Section 5: Sitting

- I can sit in any chair as long as I like.
- I only sit in my favorite chair as long as I like.
- Pain prevents me from sitting 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 right away.

Section 6: Standing

- I can stand as long as I want without extra pain.
- I have some pain on 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 the pain right away.

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Section 7: Sleeping

- 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 $\frac{1}{4}$.
- Because of pain, my normal night's sleep is reduced by less than $\frac{1}{2}$.
- Because of pain, my normal night's sleep is reduced by less than $\frac{3}{4}$.
- Pain prevents me from sleeping at all.
- Pain prevents me from sleeping at all.

Section 8: Social Life

- My social life is normal and gives me no extra 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,
- Pain has restricted my social life and I do not go out as often.
- Pain has restricted my social to my home

Section 9: Traveling

- I get no pain while traveling
- I get some pain while traveling, but none of my usual forms of travel makes it any worse.
- I get extra pain while traveling, but it does not compel me to seek alternative form of travel.
- I get extra pain while traveling, which compels me to seek alternative forms of travel.
- Pain restricts all forms of travel.
- Pain prevents all forms of travel except that down by lying down.

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Section 10: Changing Degree of Pain

- My pain is rapidly getting better.
- My Pain fluctuates, but is definitely getting better.
- My pain seem to be getting better, but improvement is slow at present.
- Pain is neither getting better nor worse.
- Pain is gradually worsening.
- Pain is rapidly worsening.