



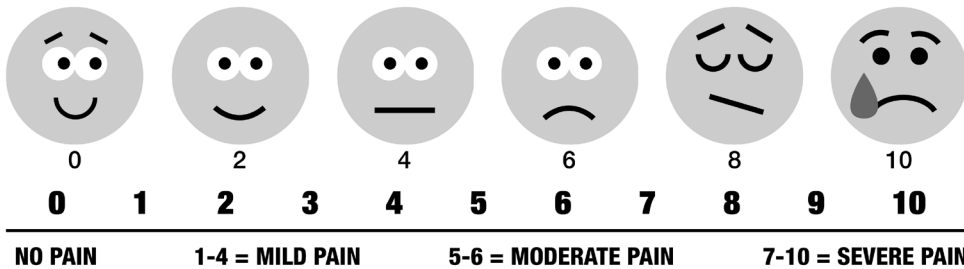
LOW BACK PAIN SCALE

SPECTRUM NEUROSURGERY

THE BRAIN & SPINE SPECIALIST

Patient Name: _____

Rate the severity of pain from 0 to 10



Score each section from 0 to 5, with 0 for first answer and 5 for last.

1. Pain Intensity

- Comes and goes and is very mild
- Mild and does not vary much
- Comes and goes and is moderate
- Moderate and does not vary much
- Comes and goes and is severe
- Is severe and does not vary much

Section Score: _____

2. Personal care activities

- Would not have to change my way of washing or dressing in order to avoid pain
- 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 pain, I am unable to do some washing and dressing without help
- Because of pain, I am unable to do any washing and dressing without help

Section Score: _____

3. Lifting

- Can lift heavy weights without extra pain
- Can lift heavy weights but this causes extra pain
- Pain prevents me lifting heavy weight off the floor
- Pain prevents me lifting heavy weight but I can manage if they are conveniently positioned (e.g. on a table)
- Pain prevents me lifting heavy weights but I can manage light to medium weights if they are conveniently positioned
- Can only lift very light weights at most

Section Score: _____

4. Walking

- Have no pain while walking
- Have some pain while walking, but it does not increase with distance
- Cannot walk more than 1 mile without increasing pain
- Cannot walk more than ½ mile without increasing pain
- Cannot walk more than ¼ mile without increasing pain
- Cannot walk at all without increasing pain

Section Score: _____

5. Sitting

- Can sit in any chair as long as I like
- Can sit only 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
- Avoid sitting because it increases pain immediately

Section Score: _____

6. Standing

- Can stand as long as I want without pain
- Have some pain while standing but it does not increase with time
- Cannot stand for longer than 1 hour without increasing pain
- Cannot stand for longer than ½ hour without increasing pain
- Cannot stand for longer than 10 minutes without increasing pain
- Avoid standing because it creases the pain immediately

Section Score: _____

7. Sleeping

- No pain in bed
- Pain in bed but it does not prevent me from sleeping well
- Due to pain, my normal night's sleep is reduced by less than one-quarter
- Due to pain, my normal night's sleep is reduced by less than one-half
- Due to pain, my normal night's sleep is reduced by less than three-quarters
- Pain prevents me from sleeping at all

Section Score: _____

8. Social Life

- Social life is normal and gives me no pain
- Social life is normal but increases the degree of pain
- Pain has no significant effect on social life, apart from limiting more energetic activities (e.g. dancing)
- Pain restricts my social life and I do not go out very often
- Pain restricts my social life to my home
- I have hardly any social life due to pain

Section Score: _____

9. Travel

- No pain when traveling
- Some pain when traveling but none of my usual forms of travel make it worse
- Extra pain when traveling but it does not compel to seek alternate forms of travel
- Extra pain while traveling compels me to seek alternate forms of travel
- Pain restricts me to short necessary journeys under ½ hour
- Pain restricts me all forms of travel

Section Score: _____

10. Changing Degree of Pain

- Rapidly getting better
- Fluctuates but is definitely getting better
- Seems to be getting better but improvement is slow
- Neither getting better or worse
- Gradually worsening
- Rapidly worsening

Section Score: _____

Divide Total Score by Possible Score for all sections completed.

TOTAL SCORE: _____

Completed by: