

## How is your back feeling today?

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This list contains sentences that people have used to describe themselves when they have back pain. As you read the list, think of yourself *today*.

When you read a sentence that describes you today, put a tick against it. If the sentence does not describe you, then leave the space blank and go on to the next one. **Remember, only tick the sentence if you are sure it describes you today.**

- 1. I stay at home most of the time because of my back.
- 2. I change position frequently to try and 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 more often.
- 7. Because of my back, I have to hold on to something to get out of an easy chair.
- 8. Because of my back, I try to get other people to do things for me.
- 9. I get dressed more slowly than usual because of my back.
- 10. I only stand 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 a chair because of my back.
- 13. My back is painful almost all 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.
- 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, I go upstairs more slowly than usual.
- 24. I stay in bed most of the time because of my back.