BACK FUNCTION ASSESSMENT FORM

Name: _____

Date: _____ # of Restrictions: _____

Instructions: When your back hurts, you may find it hard to do some of the things you usually do. The list below contains some sentences people have used to describe themselves when they have back pain. Some sentences may describe you today. When you read a sentence that describes you today, put a check (✔) beside it. If it does not describe you today, leave the space beside it blank. Be sure to check only sentences that describe you today.

1. __ I stay home most of the time because of my back.
2. __ I change position frequently to try and get my back more 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 the handrail to go upstairs.
6. __Because of my back I lie down and rest more often.
7. __ Because of my back I have to hold on to something to get out of an easy chair.
8. __ I get dressed more slowly than usual because of my back.
9. __ Because of my back I try to get other people to do things for me.
10. __ I only stand for short periods of time because of my back.
11. __ I find it difficult to get out of a chair because of my back.
12. __ Because of my back I try not to bend down.
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 good because of my back.
16. __ I have trouble putting my shoes and socks (stockings) on because of my back.
17. __ I walk only 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 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.