



Pain Drawing

Where is your pain now?

Mark the areas on your body where you feel the described discomfort using the appropriate symbols.

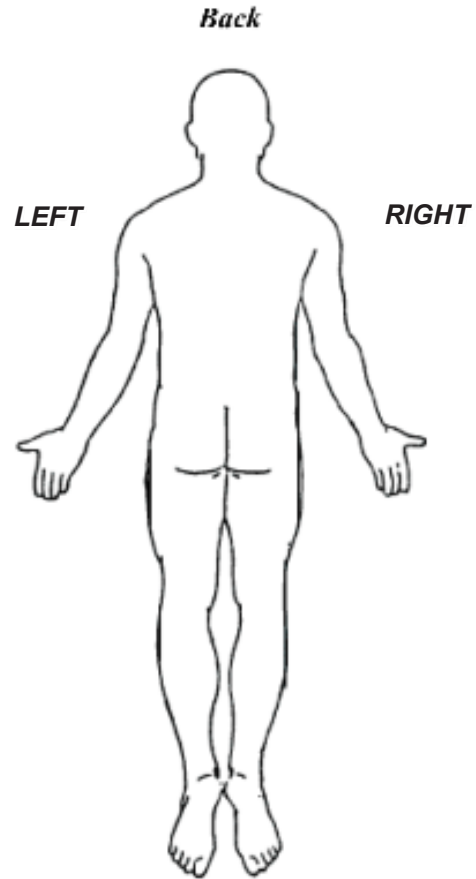
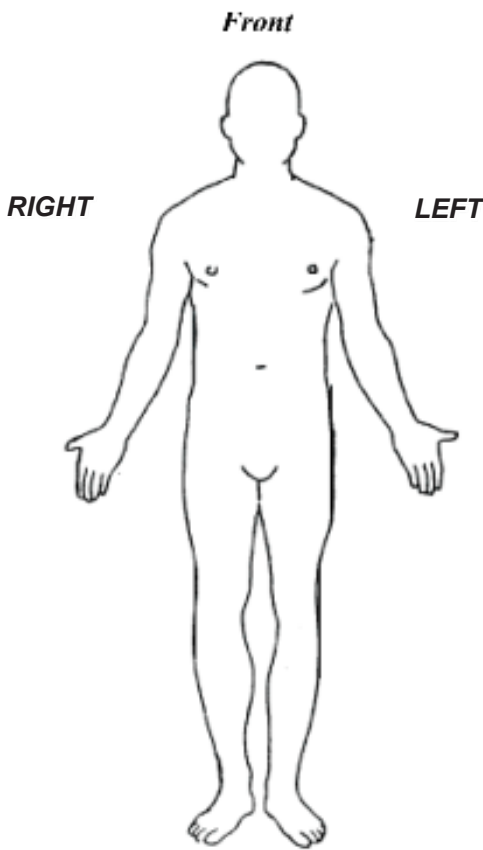
Ache ^^

Numbness 00

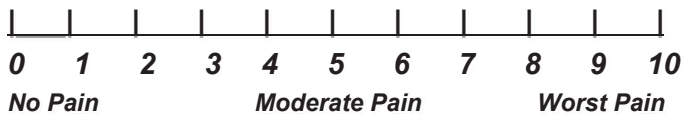
Pins & Needles ||

Burning XX

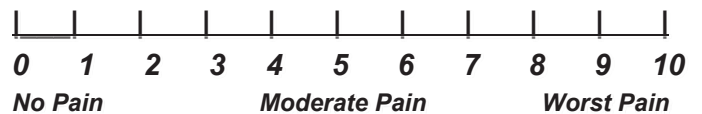
Radiating Pain: //



Please rate your Back Pain



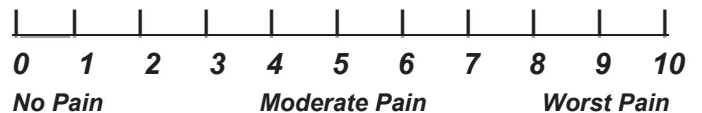
Please rate your Leg Pain



Please rate your Neck Pain



Please rate your Arm Pain





Name: _____

Neck Disability Index

This questionnaire is designed to help us better understand how your neck pain affects your ability to manage everyday-life activities. In each section below, please carefully circle ONE number that describes your pain. Although you may consider that two of the statements in any one section relates to you, please circle only ONE number that most closely describes your current situation.

Section 1 – PAIN INTENSITY

0. I have no neck pain at this moment.
1. The pain is mild at the moment.
2. The pain is moderate at the moment.
3. The pain is fairly severe at the moment.
4. The pain severe at the moment.
5. The pain is the worst imaginable at the moment.

Section 2 – PERSONAL CARE

0. I can look after myself normally without causing extra neck pain.
1. I can look after myself normally, but it causes extra neck pain.
2. It is painful to look after myself and I am slow and careful.
3. I need some help but can manage most of my personal care.
4. I need help every day in most aspects of self care.
5. I do not get dressed, I wash with difficulty and stay in bed.

Section 3 – LIFTING

0. I can lift heavy weights without extra neck pain.
1. I can lift heavy weights, but it gives extra neck pain.
2. Neck pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, i.e. on a table.
3. Neck pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.
4. I can only lift very light weights.
5. I cannot lift or carry anything at all.

Section 4 – WORK

0. I can do as much work as I want.
1. I can do only my usual work, but no more.
2. I can do most of my usual work, but no more.
3. I cannot do my usual work.
4. I can hardly do any work at all.
5. I cannot do any work at all.

Section 5 – HEADACHES

0. I have no headaches at all.
1. I have slight headaches that come infrequently.
2. I have moderate headaches that come infrequently.
3. I have moderate headaches that come frequently.
4. I have severe headaches that come frequently.
5. I have headaches almost all of the time.

Section 6 – CONCENTRATION

0. I can concentrate fully without difficulty.
1. I can concentrate fully with slight difficulty.
2. I have a fair degree of difficulty concentrating.
3. I have a lot of difficulty concentrating.
4. I have a great deal of difficulty concentrating.
5. I cannot concentrate at all.

Section 7 – SLEEPING

0. I have no trouble sleeping.
1. My sleep is slightly disturbed for less than 1 hour
2. My sleep is mildly disturbed for less than 1-2 hours.
3. My sleep is moderately disturbed for up to 2-3 hours.
4. My sleep is greatly disturbed for up to 5 hours.
5. My sleep is completely disturbed for up to 5-7 hours.

Section 8 – DRIVING

0. I can drive my car without neck pain.
1. I can drive my car with only slight neck pain.
2. I can drive as long as I want with moderate neck pain.
3. I cannot drive as long as I want because of moderate neck pain.
4. I can hardly drive at all because of severe neck pain.
5. I cannot drive at all because of neck pain.



Neck Disability Index

Please circle ONE number in each section which most closely describes your problem.

Section 9 – READING

0. I can read as much as I want with no neck pain.
1. I can read as much as I want with slight neck pain.
2. I can read as much as I want with moderate neck pain.
3. I can't read as much as I want because of moderate neck pain.
4. I can't read as much as I want because of severe neck pain.
5. I cannot read at all.

Section 10 – RECREATION

0. I am able to engage in all recreational activities with no neck pain.
1. I am able to engage in all my recreational activities with some neck pain.
2. I am able to engage in most, but not all of my recreational activities because of pain in my neck.
3. I am able to engage in a few of my recreational activities because of neck pain.
4. I can hardly do recreational activities due to neck pain.
5. I cannot do any recreational activities due to neck pain.



Name: _____

Oswestry Low Back Pain Scale - Please Complete if You Have Back Pain

Please carefully circle ONE number in each section which most closely describes your problem.

Section 1 - PAIN INTENSITY

0. The pain comes and goes and is very mild.
1. The pain is mild and does not vary much.
2. The pain comes and goes and is moderate.
3. The pain is moderate and does not vary much.
4. The pain comes and goes and is severe.
5. The pain is severe and does not vary much.

Section 2 – PERSONAL CARE

0. I would not have to change my way of washing or dressing in order to avoid pain.
1. I do not normally change my way of washing or dressing even though it causes some pain.
2. Washing and dressing increases the pain, but I manage not to change my way of doing it.
3. Washing and dressing increases the pain and I find it necessary to change my way of doing it.
4. Because of the pain, I am unable to do some washing and dressing without help.
5. Because of the pain, I am unable to do any washing and dressing without help.

Section 3 – LIFTING

0. I can lift heavy weights without extra pain.
1. I can lift heavy weights, but it gives extra pain.
2. Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, i.e. on a table.
3. Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.
4. I can only lift very light weights.
5. I cannot lift or carry anything at all.

Section 4 – WALKING

0. I have no pain with walking.
1. I have some pain with walking, but it does not increase with distance.
2. I cannot walk more than 1 mile without increasing pain.
3. I cannot walk more than ½ mile without increasing pain.

4. I cannot walk more than ¼ mile without increasing pain.
5. I cannot walk at all without increasing pain.

Section 5 - SITTING

0. I can sit in any chair as long as I like.
1. I can sit only in my favorite chair as long as I like.
2. Pain prevents me from sitting more than 1 hour.
3. Pain prevents me from sitting more than ½ hour.
4. Pain prevents me from sitting more than 10 minutes.
5. I avoid sitting because it increases pain immediately.

Section 6 - STANDING

0. I can stand as long as I want without pain.
1. I have some pain with standing, but it does not increase with time.
2. I cannot stand for longer than 1 hour without increasing pain.
3. I cannot stand for longer than ½ hour without increasing pain.
4. I cannot stand for longer than 10 minutes.
5. I avoid standing because it increases pain immediately.

Section 7 – SLEEPING

0. I get no pain in bed.
1. I get pain in bed, but it does not prevent me from sleeping well.
2. Because of my pain, my normal night's sleep is reduced by less than ¼.
3. Because of my pain, my normal night's sleep is reduced by less than ½.
4. Because of my pain, my normal night's sleep is reduced by less than ¾.
5. Pain prevents me from sleeping at all.



Oswestry Low Back Pain Scale - Please Complete if You Have Back Pain

Please circle ONE number in each section which most closely describes your problem.

Section 8 - SOCIAL LIFE

0. My social life is normal and gives me no pain.
1. My social life is normal, but it increases the degree of pain.
2. Pain has no significant effect on my social life apart from limiting my more energetic interests, i.e. dancing, etc.
3. Pain has restricted my social life and I do not go out very often.
4. Pain has restricted my social life to my home.
5. I hardly have any social life because of the pain.

Section 9 - TRAVELING

0. I get no pain when traveling.
1. I get some pain when traveling, but it does not compel me to seek alternate forms of travel.
2. I get extra pain when traveling, but it does not compel me to seek alternate forms of travel.
3. I get extra pain while traveling, which compels me to seek alternate forms of travel.
4. Pain restricts me to shorten necessary journeys under ½ hour.
5. Pain restricts all forms of travel.

Section 10 - CHANGING DEGREE OF PAIN

0. My pain is rapidly getting better.
1. My pain fluctuates, but is definitely getting better.
2. My pain seems to be getting better, but improvement is slow.
3. My pain is neither getting better or worse.
4. My pain is gradually worsening.
5. My pain is rapidly worsening.