The Keele STarT Back Screening Tool

Patient name: _______________________________    Date: _____________

Thinking about the last 2 weeks tick your response to the following questions:

1. My back pain has **spread down my leg(s)** at some time in the last 2 weeks
   - Disagree [ ] Agree [ ]

2. I have had pain in the **shoulder** or **neck** at some time in the last 2 weeks
   - Disagree [ ] Agree [ ]

3. I have only **walked short distances** because of my back pain
   - Disagree [ ] Agree [ ]

4. In the last 2 weeks, I have **dressed more slowly** than usual because of back pain
   - Disagree [ ] Agree [ ]

5. It’s not really safe for a person with a condition like mine to be physically active
   - Disagree [ ] Agree [ ]

6. **Worrying thoughts** have been going through my mind a lot of the time
   - Disagree [ ] Agree [ ]

7. I feel that **my back pain is terrible** and **it’s never going to get any better**
   - Disagree [ ] Agree [ ]

8. In general I have **not enjoyed** all the things I used to enjoy
   - Disagree [ ] Agree [ ]

9. Overall, how **bothersome** has your back pain been in the last 2 weeks?
   - Not at all [ ] Slightly [ ] Moderately [ ] Very much [ ] Extremely [ ]

   - 0 0 0 1 1

   **Total score (all 9):** _________________  **Sub Score (Q5-9):** _________________

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The STarT Back Tool Scoring System

Total score

3 or less
- Low risk

4 or more
- Sub score Q5-9
  - 3 or less
    - Medium risk
  - 4 or more
    - High risk

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