

Section 1: Pain Intensity

- 0) I have no pain at the moment
- 1) The pain is very mild at the moment
- 2) The pain is moderate at the moment
- 3) The pain is fairly severe at the moment
- 4) The pain is very severe at the moment
- 5) The pain is the worst imaginable at the moment

Section 2: Personal Care (washing, dressing etc.)

- 0) I can look after myself without causing extra pain
- 1) I can look after myself but it causes extra pain
- 2) It is painful to look after myself and I'm slower and careful
- 3) I need some help but 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 pain
- 1) I can lift heavy weights but it gives extra pain
- 2) Pain prevents me from lifting heavy weights off the floor, but can when placed on a table
- 3) Pain prevents me from lifting heavy weights, but can manage medium weights
- 4) I can lift very light weights
- 5) I cannot lift or carry anything at all

Section 4: Walking

- 0) Pain does not prevent me from walking any distance
- 1) Pain prevents me from walking more than 1 mile
- 2) Pain prevents me from walking more than ½ mile
- 3) Pain prevents me from walking more than 100 yards
- 4) I can only walk using a stick or crutches
- 5) I am in bed most of the time

Section 5: Sitting

- 0) I can sit in any chair as long as I like
- 1) I can only sit 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 mins
- 5) Pain prevents me from sitting at all

Section 6: Standing:

- 0) I can stand as long as I want without extra pain
- 1) I can stand as long as I want but it gives me extra pain
- 2) Pain prevents me from standing for more than 1 hour
- 3) Pain prevents me from standing for more than ½ hour
- 4) Pain prevents me from standing for more than 10 mins
- 5) Pain prevents me from standing at all

Section 7: Sleeping

- 0) My sleep is never disturbed by pain
- 1) My sleep is occasionally disturbed by pain
- 2) Because of my pain I have less than 6 hours of sleep
- 3) Because of my pain I have less than 4 hours of sleep
- 4) Because of my pain I have less than 2 hours of sleep
- 5) Pain prevents me from sleeping at all

Section 8: Sex Life (if applicable)

- 0) My sex life is normal and causes no extra pain
- 1) My sex life is normal but causes some extra pain
- 2) My sex life is nearly normal but is very painful
- 3) My sex life is severely restricted by pain
- 4) My sex life is nearly absent because of pain
- 5) Pain prevents any sex life at all

Section 9: Social Life

- 0) My social life is normal and gives me no extra pain
- 1) My social life is normal but increases the degree of pain
- 2) Pain has no significant effect on my social life besides sports
- 3) Pain has restricted my social life and I do not go out as often
- 4) Pain has restricted my social life to my home
- 5) I have no social life because of pain

Section 10: Travelling

- 0) I can travel anywhere without pain
- 1) I can travel anywhere but it gives me extra pain
- 2) Pain is bad but I manage journeys over 2 hours
- 3) Pain restricts me to journeys of less than 1 hour
- 4) Pain restricts me to journeys of less than ½ hour
- 5) Pain prevents me from travelling excepts to receive treatment

Disability Index score % : _____