

Mountain View Chiropractic

5001 N Granite Reef Rd. Ste B – Scottsdale, AZ 85250
(480) 941 – 2454

BACK INDEX

Pain Intensity

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

Personal Care

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

Lifting

1. I can lift heavy weights without extra pain
2. I can lift heavy weights but it gives me extra pain
3. Pain prevents me from lifting heavy weights off the floor
4. Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (on a table)
5. Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned
6. I can lift only very light weights

Walking

1. Pain does not prevent me from walking any distance
2. Pain prevents me from walking more than 1 mile
3. Pain prevents me from walking more than ½ mile
4. Pain prevents me from walking more than ¼ mile
5. I can only walk using a cane or crutches
6. I am in bed most of the time and have to crawl to the toilet

Sitting

1. I can sit in any chair as long as I like without pain
2. I can only sit in my favorite chair as long as I like
3. Pain prevents me from sitting more than 1 hour
4. Pain prevents me from sitting more than ½ hour
5. Pain prevents me from sitting more than 10 minutes
6. Pain prevents me from sitting at all

Standing

1. I can stand as long as I like without pain
2. I have pain while standing, but it doesn't increase with time
3. I can't stand for longer than 1 hour without increasing pain
4. I can't stand for longer than ½ hour without increasing pain
5. I can't stand longer than 10 minutes without increasing pain
6. Pain prevents me from standing at all

Sleeping

1. I get no pain in bed
2. I get pain in bed but it doesn't prevent me from sleeping well
3. My pain reduces my normal nights sleep by less than 25%
4. My pain reduces my normal nights sleep by less than 50%
5. My pain reduces my normal nights sleep by less than 75%
6. Pain prevents me from sleeping at all

Social Life

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

Traveling

1. I get no pain while traveling
2. I get some pain while traveling but none of my usual forms of travel make it any worse
3. I get extra pain while traveling, which does NOT compel me to seek alternative forms of travel
4. I get extra pain while traveling, which compels me to seek alternative forms of travel
5. Pain restricts all forms of travel
6. Pain prevents all forms of travel except those done lying down

Changing Degree of Pain

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