

**Please check only one answer for each question.**

- 1.  Pain comes and goes and is mild**
  - Pain is mild and does not vary
  - Pain comes and goes and is moderate
  - Pain is moderate and does not vary much
  - Pain comes and goes and is severe
  - Pain is severe and does not vary much
  
- 2.  You do not change personal care habits to avoid pain**
  - You do not change personal care habits even though it causes some pain
  - Personal care increases pain level, but you do not change your habits
  - You have to change personal care habits to avoid pain
  - You are unable to do some personal care habits without help
  - You are unable to wash or dress without help
  
- 3.  Can lift heavy weights with no pain**
  - Can lift heavy weights with extra pain
  - Cannot lift heavy weights off the floor
  - Can lift heavy weights from a table but not the floor
  - Can lift only light weights from a table
  - Can only lift very light weights
  
- 4.  Pain does not prevent walking any distance**
  - Pain with walking that does not increase with distance
  - Cannot walk more than one mile
  - Cannot walk more than  $\frac{1}{2}$  mile
  - Bedridden and must crawl to the toilet
  
- 5.  Can sit in any chair as long as desired without pain**
  - Can sit only in a favorite chair as long as desired
  - Can sit no more than one hour
  - Can sit no more than  $\frac{1}{2}$  hour
  - Can sit no more than 10 minutes
  - Cannot sit at all due to pain

6.  Can stand for an unlimited time without pain
- Some pain with standing but does not increase with time
  - Cannot stand for more than one hour without pain increasing
  - Cannot stand for more than 1/2 hour without pain increasing
  - Cannot stand for more than 10 minutes without pain increasing
  - Cannot stand at all
7.  No pain in bed
- Pain in bed, but you still get a good night's sleep
  - Normal night's sleep reduced by 1/4
  - Normal night's sleep reduced by 1/2
  - Normal night's sleep reduced by 3/4
  - Cannot sleep at all due to pain
8.  Travel without pain
- Travel causes extra pain, but not made worse
  - Travel causes extra pain/no change in form of travel
  - Travel causes extra pain/ use alternative forms of travel
  - Pain restricts all forms of travel
  - Pain restricts travel except lying down
9.  Social life is normal and causes no pain
- Social life is normal but causes extra pain
  - Pain limits your energetic interests
  - Social life is limited; don't go out as often
  - Restricted to home
  - Severely affected by pain; have no social life at all
10.  Pain is rapidly improving
- Pain fluctuates but it is improving
  - Improvement is slow
  - Pain level is unchanged
  - Pain is gradually worsening
  - Pain is rapidly worsening