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# L U M B A R

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Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

**Please read:** This questionnaire is designed to enable us to understand how much your low back has affected your ability to manage everyday activities. Please answer each Section by circling the **ONE CHOICE** that most applies to you. We realize that you may feel that more than one statement may relate to you, but **PLEASE** just circle the one which most closely describes your problem *right now*.

## 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 is severe but comes and goes.
- 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 increase the pain, but I manage to change my way of doing it.
- 3. Washing and dressing increase the pain and I find it necessary to change my way of doing it.
- 4. Because of the pain, I am unable to do any washing and dressing without help.
- 5. Because of pain, I am unable to do any washing or dressing without help.

## SECTION 3 – Lifting

- 0. I can lift heavy weights without extra pain.
- 1. I can lift heavy weights, but it causes extra pain.
- 2. Pain prevents me from lifting heavy weights off the floor.
- 3. Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, e.g. on the table.
- 4. Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.
- 5. I can only lift very little weights, at the most.

## SECTION 4 - Walking

- 0. Pain does not prevent me from walking any distance.
- 1. I have some pain with walking but it does not increase with distance.
- 2. Pain prevents me from walking more than one mile.
- 3. Pain prevents me from walking more than ½ mile.
- 4. I can only walk while using a cane or on crutches.
- 5. I am in bed most of the time and have to crawl to the toilet.

## SECTION 5 – Sitting

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

## SECTION 6 – Standing

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

## SECTION 7 – Sleeping

- 0. I get no pain in bed.
  - 1. I get pain in bed, but it does not prevent me from sleeping.
- 2. Because of pain, my normal night's sleep is reduced by less than one-quarter.
- 3. Because of pain, my normal night's sleep is reduced by less than one-half.
- 4. Because of pain, my normal night's sleep is reduced by less than three-quarters.
- 5. Pain prevents me from sleeping at all.

## SECTION 8 – Social Life

- 0. My social life is normal and gives me no pain.
  - 1. My social life is normal, but increases the degree of my pain.
  - 2. Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g., 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. Pain prevents me from social life at all.

## SECTION 9 – Traveling

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

## SECTION 10 – Changing Degree of Pain

- 0. My pain is rapidly getting better.
- 1. My pain fluctuates, but overall is definitely getting better.
  - 2. My pain seems to be getting better, but improvement is slow at present.
- 3. My pain is neither getting better nor worse.
- 4. My pain is gradually worsening.
- 5. My pain is rapidly worsening.

## LUMBAR index

score: \_\_\_\_\_ %

