

# Hiro Chiropractic

## BACK pain - Revised Oswestry Questionnaire

Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

### Section 1: Pain Intensity

- The pain comes and goes and is very mild
- The pain is mild and does not vary much
- The pain comes and goes and is moderate
- The pain is moderate and does not vary much
- The pain is severe but comes and goes
- The pain is severe and does not vary much

### Section 6: Standing

- I can stand as long as I want without pain
- I have some pain while standing, but it does not increase with time
- I cannot stand for longer than one hour without increasing pain
- The pain is moderate and does not vary much
- The pain is severe but comes and goes
- The pain is severe and does not vary much

### Section 2: Personal Care

- I would not have to change my way of washing or dressing in order to avoid pain
- I do not normally change my way of washing or dressing even though it causes some pain
- Washing and dressing increases the pain, but I manage not to change my way of doing it
- Washing and dressing increases the pain and it is necessary to change my way of doing it
- Because of the pain, I sometimes need help with washing and dressing
- Because of the pain, I am unable to do any washing and dressing without help

### Section 7: Sleeping

- I get no pain in bed
- I get pain in bed, but it does not prevent me from sleeping
- Because of pain, my normal night's sleep is reduced by less than  $\frac{1}{4}$
- Because of pain, my normal night's sleep is reduced by less than  $\frac{1}{2}$
- Because of pain, my normal night's sleep is reduced by less than  $\frac{3}{4}$
- Pain prevents me from sleeping at all

### Section 3: Lifting

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

### Section 8: Social Life

- My social life is normal and gives me no pain
- My social life is normal, but increases the degree of my pain
- Pain has no significant effect on my social life apart from limiting my more energetic interests e.g. dancing, etc.
- Pain has restricted my social life and I do not go out very often
- Pain has restricted my social life to my home
- Pain prevents me from social life at all

### Section 4: Walking

- Pain does not prevent me from walking any distance
- I have some pain with walking, but it does not increase with distance
- Pain prevents me from walking more than one mile
- Pain prevents me from walking more than  $\frac{1}{2}$  mile
- I can only walk while using a cane or on crutches
- I am in bed most of the time and have to crawl to the toilet

### Section 9: Traveling

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

### Section 5: Sitting

- I can sit in any chair as long as I like without pain
- I can only sit in my favorite chair as long as I like
- Pain prevents me from sitting more than one hour
- Pain prevents me from sitting more than  $\frac{1}{2}$  hour
- Pain prevents me from sitting more than 10 minutes
- Pain prevents me from sitting at all

### Section 10: Changing Degree of Pain

- My pain is rapidly getting better
- My pain fluctuates, but overall is definitely getting better
- My pain seems to be getting better, but improvement is slow at present
- My pain is neither getting better nor worse
- My pain is gradually worsening
- My pain is rapidly worsening

# Hiro Chiropractic

## NECK Disability Index

Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

### Section 1: Pain Intensity

- I have no pain at the moment
- The pain is very mild at the moment
- The pain is moderate at the moment
- The pain is fairly severe at the moment
- The pain is very severe at the moment
- The pain is the worst imaginable at the moment

### Section 6: Concentration

- I can concentrate fully when I want to with no difficulty
- I can concentrate fully when I want to with slight difficulty
- I have a fair degree of difficulty in concentrating when I want to
- I have a lot of difficulty in concentrating when I want to
- I have a great deal of difficulty in concentrating when I want to
- I cannot concentrate at all

### Section 2: Personal Care

- I can look after myself normally without it causing extra pain
- I can look after myself normally but it does cause extra pain
- It is painful to look after myself and I am slow and careful
- I need some help but manage most of my personal care
- I need help every day in most aspects of self care
- I do not get dressed, wash with difficulty, and mostly stay in bed

### Section 7: Work

- I can do as much work as I want to
- I can only do my usual work, but no more
- I can do most of my usual work, but no more
- I cannot do my usual work
- I can hardly do any work at all
- I cannot do any work at all

### Section 3: Lifting

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

### Section 8: Driving

- I can drive without any neck pain
- I can drive as long as I want with slight pain in my neck
- I can drive as long as I want with moderate pain in my neck
- I cannot drive as long as I want because of moderate pain in my neck
- I can hardly drive at all because of severe pain in my neck
- I cannot drive my car at all

### Section 4: Reading

- I can read as much as I want with no pain in my neck
- I can read as much as I want with slight pain in my neck
- I can read as much as I want with moderate pain in my neck
- I cannot read as much as I want because of moderate pain in my neck
- I can hardly read at all because of severe pain in my neck
- I cannot read at all

### Section 9: Sleeping

- I have no trouble sleeping
- My sleep is slightly disturbed (less than 1 hour sleepless)
- My sleep is mildly disturbed (1-2 hours sleepless)
- My sleep is moderately disturbed (2-3 hours sleepless)
- My sleep is greatly disturbed (3-5 hours sleepless)
- My sleep is completely disturbed (5-7 hours sleepless)

### Section 5: Headaches

- I have no headaches at all
- I have slight headaches which come infrequently
- I have moderate headaches which come infrequently
- I have moderate headaches which come frequently
- I have severe headaches which come frequently
- I have headaches almost all the time

### Section 10: Recreation

- I am able to engage in all my recreational activities with no neck pain at all
- I am able to engage in all my recreational activities with some pain in my neck
- I am able to engage in most, but not all of my usual recreational activities because of pain in my neck
- I am able to engage in a few of my usual recreational activities because of pain in my neck
- I can hardly do any recreational activities because of pain in my neck
- I cannot do any recreational activities at all