

# Universal Chiropractic & Rehabilitation

## Low Back Pain and Disability Questionnaire (Modified Roland-Morris)

Name \_\_\_\_\_ Date \_\_\_\_\_

When your back hurts, you may find it difficult to do some of the things you normally do. Mark only the sentences that describe you today.

- I stay at home most of the time because of my back.
- I walk more slowly than usual because of my back.
- Because of my back, I am not doing any jobs that I usually do around the house.
- Because of my back, I use a handrail to get upstairs.
- Because of my back, I lie down to rest more often.
- Because of my back, I have to hold onto something to get out of an easy chair.
- Because of my back, I try to get other people to do things for me.
- I get dressed more slowly than usual because of my back.
- I stand up only for short periods of time because of my back.
- Because of my back, I try not to bend or kneel down.
- I find it difficult to get out of a chair because of my back.
- My back or leg is painful almost all of the time.
- I find it difficult to turn over in bed because of my back.
- I have trouble putting on my socks (or stockings) because of pain in my back.
- I sleep less well because of my back.
- I avoid heavy jobs around the house because of my back.
- Because of my back pain, I am more irritable and bad tempered with people than usual.
- Because of my back, I go upstairs more slowly than usual.

Score \_\_\_\_\_

Thank you for your cooperation.

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## (NDI/Neck Disability Index)

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

Pt.#: \_\_\_\_\_

**Please read:** This questionnaire is designed to give the doctor information as how you-neck pain has affected your ability to manage everyday life. Please answer each section and mark only the ONE box that applies to you. Just mark the box that closely describes you. (If two answer describe your condition, only pick one).

### SECTION-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 2-PERSONAL CARE

- I can look after myself normally, without causing extra pain.
- I can look after myself normally, but it causes extra pain.
- It's painful to look after myself and I am slow & 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, I wash with difficulty and stay in bed.

### SECTION 3-LIFTING

- I can lift heavy weights without extra pain.
- I can lift heavy weights, but it gives extra pain.
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, (for example 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 lift very light weights.
- I cannot lift or carry anything 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 can't 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 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 of the time.

### SECTION 6-CONCENTRATION

- I can concentrate fully when I want, with no difficulty.
- I can concentrate fully when I want, 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 7-WORK

- I can do as much work as I want.
- I can 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 can't hardly do any work at all.

### SECTION 8-DRIVING (NP = Neck Pain)

- I can drive my car without any neck pain.
- I can drive my car as long as I want, with slight NP.
- I can drive my car as long as I want, with moderate NP.
- I can't drive my car 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 can't drive my car at all.

### SECTION 9-SLEEPING

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

### SECTION 10-RECREATION (Because of Neck Pain)

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