



Cedar Park
2519 S Lakeline Blvd
Ste 100
Cedar Park, TX 78613
(512) 331-6200
Fax (512) 331-6384

Four Points
11007 FM 2222
Austin, TX 78730
(512) 792-4041
Fax (512) 532-6701

BACK INDEX

Patient Name: _____ **Date Completed:** _____

*This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. **If two or more statements in one section apply, please circle the one statement that most closely describes your problem.***

<p>Pain Intensity</p> <p>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 comes and goes and is very severe 5 - The pain is very severe and does not vary much</p> <p>Sleeping</p> <p>0 - I get no pain in bed 1 - I get pain in bed but it does not prevent me from sleeping well 2 - Because of pain my normal sleep is reduced by less than 25% 3 - Because of pain my normal sleep is reduced by less than 50% 4 - Because of pain my normal sleep is reduced by less than 75% 5 - Pain prevents me from sleeping at all</p> <p>Sitting</p> <p>0 - I can sit in any chair as long as I like 1 - I can only sit in my favorite chair as long as I like 2 - Pain prevents me from sitting more than 1 hour 3 - Pain prevents me from sitting more than 1/2hour 4 - Pain prevents me from sitting more than 10 minutes 5 - I avoid sitting because it increases pain immediately</p> <p>Standing</p> <p>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 1hour without increasing pain 3 - I cannot stand for longer than 1/2 hour without increasing pain 4 - I cannot stand for longer than 10min without increasing pain. 5 - I avoid standing because it increases pain immediately</p> <p>Walking</p> <p>0 - I have no pain while walking 1 - I have some pain while walking but it doesn't increase w/ distance 2 - I cannot walk more than 1 mile without increasing pain 3 - I cannot walk more than 1/2 mile without increasing pain 4 - I cannot walk more than 1/4 mile without increasing pain 5 - I cannot walk at all without increasing pain</p>	<p>Personal Care</p> <p>0 - I do 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 increases the pain but I manage not to change my way of doing it 3 - Washing and dressing increases the pain and I find it necessary to change my way of doing it 4 - Because of pain I am unable to do some washing and dressing without help 5 - Because of pain I am unable to do any washing and dressing without help</p> <p>Lifting</p> <p>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 conventionally positioned (e.g. on a table) 4 - Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conventionally positioned 5 - I can only lift very light weights</p> <p>Traveling</p> <p>0 - I get no pain while traveling 1 - I get some pain while traveling but none of my usual forms of travel make it worse. 2 - I get extra pain while traveling but it does not cause me to seek alternate forms of travel 3 - I get extra pain while traveling which causes me to seek alternate forms of travel 4 - Pain restricts all forms of travel except that done while lying down 5 - Pain restricts all forms of travel</p> <p>Social Life</p> <p>0 - My social life is normal and gives me no extra pain 1 - My social life is normal but increases the degree of pain 2 - Pain has no significant affect 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 - I have hardly any social life because of the pain</p> <p>Changing degree of pain</p> <p>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 3 - My pain is neither getting better or worse 4 - My pain is gradually worsening 5 - My pain is rapidly worsening</p>
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Index Score = [Sum of all statements selected / (#of sections with a statement selected x5)] x 100

BACK INDEX SCORE: _____