

ROLAND MORRIS LOW BACK PAIN QUESTIONNAIRE

Name _____

Date _____

When your back or leg hurts, you may find it difficult to do some of the things you normally do. Please mark with an "X" only the sentences that describe you TODAY.

01. [] I stay at home most of the time because of my back and/or leg pain.
02. [] I walk more slowly than usual because of my back and/or leg pain.
03. [] Because of my back and/or leg pain, I am not doing any jobs that I usually do around the house.
04. [] Because of my back and/or leg pain, I use a handrail to get upstairs.
05. [] Because of my back and/or leg pain, I lie down to rest more often.
06. [] Because of my back and/or leg pain, I have to hold onto something to get out of an easy chair.
07. [] Because of my back and/or leg pain, I try to get other people to do things for me.
08. [] I get dressed more slowly than usual because of my back and/or leg pain.
09. [] I stand up only for short periods of time because of my back and/or leg pain.
10. [] Because of my back and/or leg pain, I try not to bend or kneel down.
11. [] I find it difficult to get out of a chair because of my back and/or leg pain.
12. [] My back is painful almost all of the time.

13. [] I find it difficult to turn over in bed because of my back and/or leg pain.

14. [] I have trouble putting on my socks (or stockings) because of pain in my back and/or leg pain.

15. [] I sleep less well because of my back and/or leg pain.

16. [] I avoid heavy jobs around the house because of my back and/or leg pain.

17. [] Because of back and/or leg pain, I am more irritable and bad tempered with people than usual.

18. [] Because of my back and/or leg pain, I go upstairs more slowly than usual.

19. [] I change positions frequently to try to get my back and /or leg comfortable.

20. [] My appetite is not very good because of my back and/or leg pain.

21. [] I can only walk short distances because of my back and/or leg pain.

22. [] Because of my back and/or leg pain, I get dressed with the help of someone else.

23. [] I sit down for most of the day because of my back and/or leg pain.

24. [] I stay in bed most of the time because of my back and/or leg pain.

Office Use Only Score:

Improvement: