Please read car When your bac		Date
When your bac		
you toda y.	ck hurts, you may find it difficult	to do some of the things you normally do. Mark only the sentences that described
OTHER COM	2 I change positions 3 I walk more slowl 4 Because of my back 5 Because of my back 6 Because of my back 7 Because of my back 8 Because of my back 9 I get dressed more 10 I only stand up for 11 Because of my back 12 I find it difficult to 13 My back is painfu 14 I find it difficult to 15 My appetite is not 16 I have trouble putt 17 I only walk short of 18 I sleep less well be 19 Because of my back 20 I sit down for mose 21 I avoid heavy jobs 22 Because of my back 23 Because of my back 24 I stay in bed most	turn over in bed because of my back. very good because of my back. ting on my socks/stockings because of my back. distances because of my back pain.

With Permission from: Roland M, Morris R. A study of the natural history of back pain: Part I: Development of a reliable and sensitive measure of disability in low-back pain. Spine 1983;8:141-144.