

MID BACK ASSESSMENT:

NAME:

Today's Date: __/__/_____

This is a questionnaire that assists you to “quantify” your Mid Back condition.

The mid back checklist: Read each description and tick inside the box which most closely corresponds to how you feel about each one in both the regularity and severity sections. (i.e. You will have two ticks in each row next to each description, one for the regularity and one for the severity.)

	REGULARITY					SEVERITY				
	Never	Rarely	Sometimes	Often	Always	None	Mild	Moderate	Severe	Unbearable
Dressing and cleaning self is difficult										
Dull pain										
Feel depressed, angry &/or upset										
Increased pain at night										
Pain increases with sneezing or coughing										
Pain increases with twisting or bending										
Keeps me awake &/or wakes me up										
Pain on both sides or middle of mid back										
Pain on one side of mid back										
Performance at home reduced										
Performance at sport/recreation reduced										
Performance at work/school reduced										
Reduced digestive function										
Office Use Only										

	<u>REGULARITY</u>					<u>SEVERITY</u>				
	Never	Rarely	Sometimes	Often	Always	None	Mild	Moderate	Severe	Unbearable
Reduced energy &/or concentration										
Reduces my overall health										
Reduced breathing function										
Sharp pain										
Spasms &/or stabbing pains										
Pain spreads into shoulder blades &/or ribs										
Pain spreads into shoulders &/or arms										
Pain spreads into chest &/or sternum										
Stiffness of back movements										
Unusual sensations in thorax &/or abdomen										
Heartburn, burping, reflux &/or gas										
Worse lifting objects, raising arms &/or reaching forwards										
Office Use Only	0	1X _ =	2X _ =	3X _ =	4X _ =	0	1X _ =	2X _ =	3X _ =	4X _ =

Office Use Only

A) Regularity Total = _____ B) Severity Total = _____ C) Total = _____

A) & B): I = 0-20, II = 21-40, III = 41-60, IV = 61-80, V = 81-100; C) I = 0-40, II = 41-80, III = 81-120, IV = 121-160, V = 161-200.