

Patient Name: _____

Date: _____

The Quebec Back Pain Scale:

This questionnaire is about the way your back pain is affecting your daily life. People with back problems may find it difficult to perform some of their daily activities. We would like to know if you find it difficult to perform any of the activities listed below, because of your back. For each activity, there is a scale from 0 to 5. Please choose one response option for each activity (do not skip any activities) and place in check in the box.

Today, do you find it difficult to perform the following activities because of your back?

	Not Difficult at All	Minimally Difficult	Somewhat Difficult	Fairly Difficult	Very Difficult	Unable to Perform
1. Get out of bed	0	1	2	3	4	5
2. Sleep through the night	0	1	2	3	4	5
3. Turn over in bed	0	1	2	3	4	5
4. Ride in a car	0	1	2	3	4	5
5. Stand up for 20-30 minutes	0	1	2	3	4	5
6. Sit in a chair for several hours	0	1	2	3	4	5
7. Climb one flight of stairs	0	1	2	3	4	5
8. Walk a few blocks (300-400 m)	0	1	2	3	4	5
9. Walk several kilometers	0	1	2	3	4	5
10. Reach up to high shelves	0	1	2	3	4	5
11. Throw a ball	0	1	2	3	4	5
12. Run one block (about 100 m)	0	1	2	3	4	5
13. Take food out of the refrigerator	0	1	2	3	4	5
14. Make your bed	0	1	2	3	4	5
15. Put on socks (pantyhose)	0	1	2	3	4	5
16. Bend over to clean the bathtub	0	1	2	3	4	5
17. Move a chair	0	1	2	3	4	5
18. Pull or push heavy doors	0	1	2	3	4	5
19. Carry two bags of groceries	0	1	2	3	4	5
20. Lift and carry a heavy suitcase	0	1	2	3	4	5

TO BE COMPLETED BY PHYSICAL THERAPIST:

Patients Total Score: _____

Scoring:

- The minimum score is 20 and the maximum score is 100. Higher scores correlate to greater disability
- % of maximal disability= $(\text{score}) - 20 / 80 * 100\%$

Patients Current Disability Level: _____

Modifer Code	% impaired, limited or restricted
CH	0%
CI	1-19%
CJ	20-39%
CK	40-59%
CL	60-79%
CM	80-99%
CN	100%