

# McAllister Chiropractic and Massage

## Low Back Pain and Disability Questionnaire (Roland-Morris)

Patient Name: \_\_\_\_\_ Chart No.: \_\_\_\_\_ Date: \_\_\_\_\_

Please read instructions:

**WHEN YOUR BACK HURTS, YOU MAY FIND IT DIFFICULT TO DO SOME OF THE THINGS YOU NORMALLY DO. MARK ONLY THE SENTENCES THAT BEST DESCRIBES YOU TODAY.**

- I stay at home most of the time because of my back.
- I change position frequently to try and get my back comfortable.
- I walk more slowly than usual because of my back.
- Because of my back, I am not doing any jobs that I usually do around the house.
- Because of my back, I use a handrail to get upstairs.
- Because of my back, I lie down to rest more often.
- Because of my back, I have to hold on to something to get out of an easy chair.
- Because of my back, I try to get other people to do things for me.
- I get dressed more slowly than usual because of my back.
- I only stand up for short periods of time because of my back.
- Because of my back, I try not to bend or kneel down.
- I find it difficult to get out of a chair because of my back.
- My back is painful almost all of the time.
- I find it difficult to turn over in bed because of my back.
- My appetite is not very good because of my back pain.
- I have trouble putting on my socks (or stockings) because of the pain in my back.
- I only walk short distances because of my back pain.
- I sleep less well because of my back.
- Because of my back pain, I get dressed with help from someone else.
- I sit down for most of the day because of my back.
- I avoid heavy jobs around the house because of my back.
- Because of back pain, I am more irritable and bad tempered with people than usual.
- Because of my back, I go upstairs more slowly than usual.
- I stay in bed most of the time because of my back.

**Pain Severity Scale:** Please circle one box on the following scale the severity of your pain today, whereas "0 – is no pain" and "10 – is excruciating pain."

0	1	2	3	4	5	6	7	8	9	10
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