

## RDO

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Age: \_\_\_\_\_ Score: \_\_\_\_\_

When your back hurts, you may find it difficult to do some of the things you normally do.

*Mark only the sentences that describe you lately....*

1.  I stay at home most of the time because of my back.
2.  I walk more slowly than usual because of my back.
3.  Because of my back, I am not doing any jobs that I usually do around the house.
4.  Because of my back, I use a handrail to get upstairs.
5.  Because of my back, I lie down to rest more often.
6.  Because of my back, I have to hold onto something to get out of an easy chair.
7.  Because of my back, I try to get other people to do things for me.
8.  I get dressed more slowly than usual because of my back.
9.  I stand up only for short periods of time because of my back.
10.  Because of my back, I try not to bend or kneel down.
11.  I find it difficult to get out of a chair because of my back.
12.  My back or leg is painful almost all of the time.
13.  I find it difficult to turn over in bed because of my back.
14.  I have trouble putting on my socks (or stockings) because of pain in my back.
15.  I sleep less well because of my back.
16.  I avoid heavy jobs around the house because of my back.
17.  Because of back pain, I am more irritable and bad tempered with people than usual.
18.  Because of my back, I go upstairs more slowly than usual.