



Patient Name: _____

Patient ID: _____

Date of review: (complete either the date of review or the follow up period below)

Follow up period: Pre Op OR _____ Weeks / Months / Years (add the delay and circle one)

Patients - please place an X in one box on each line to indicate your response to that question.

1. Section 1-Pain Intensity

- The pain comes and goes and is very mild
- The pain is mild and does not vary much
- The pain comes and goes and is moderate
- The pain is moderate and does not vary much
- The pain comes and goes and is very severe
- The pain is severe and does not vary much

2. Section 2-Personal care

- I would not have to change my way of washing or dressing in order to avoid pain
- I do not normally change my way of washing or dressing even though it causes pain
- Washing and dressing increases the pain, but I manage not to change my way of doing it
- Washing and dressing increases the pain and I find it necessary to change my way of doing it
- Because of the pain, I am unable to do some washing and dressing without help
- Because of the pain, I am unable to do washing and dressing without help

3. Section 3-Lifting

- I can lift heavy weights without extra pain
- I can lift heavy weights, but it causes extra pain
- Pain prevents me from lifting heavy weights off the floor, but I manage if the weights are conveniently positioned (e.g. on a table)
- Pain prevents me from lifting heavy weights off the floor
- Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned
- I can lift only very light weights at the most



4. Section 4-Walking

- I have no pain on walking
- I have some pain on walking, but it does not increase with distance
- I cannot walk more than one mile (1.6 kms) without increasing pain
- I cannot walk more than 1/2 mile (.8 kms) without increasing pain
- I cannot walk more than 1.4 mile (.4 kms) without increasing pain
- I cannot walk at all without increasing pain

5. Section 5-Sitting

- I can sit in any chair as long as I like
- I can only sit in my favourite chair for as long as I like
- Pain prevents me from sitting for more than 1 hour
- Pain prevents me from sitting for more than 1/2 an hour
- Pain prevents me from sitting for more than 10 minutes
- I avoid sitting because it increases pain right away

6. Section 6-Standing

- I can stand as long as I want without pain
- I have some pain on standing, but it does not increase with time
- I cannot stand for more than 1 hour without increasing pain
- I cannot stand for more than 1/2 hour without increasing pain
- PI cannot stand for more than 10 minutes without increasing pain
- I avoid standing because it increases the pain right away

7. Section 7-Sleeping

- I get no pain in bed
- I get pain in bed but it does not prevent me from sleeping well
- Because of my pain, my normal night's sleep is reduced by less than 1/4
- Because of pain, my normal night's sleep is reduced by less than 1/2
- Because of pain, my normal night's sleep is reduced by less than 3/4
- Pain prevents me from sleeping at all

8. Section 8-Social Life

- My social life is normal and gives me no pain
- My social life is normal, but increases the degree of pain
- Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g dancing, etc
- Pain has restricted my social life and I do not go out very often
- Pain has restricted my social life to my home
- I have hardly any social life because of the pain

9. Section 9-Travelling

- I get no pain while travelling
- I get some pain while travelling, but none of my usual forms of travel makes it any worse
- I get extra pain while travelling, but it does not compel me to seek alternative forms of travel
- I get extra pain while travelling, which compels me to seek alternative forms of travel
- Pain restricts all forms of travel
- Pain prevents all forms of travel except that done lying down

10. Section 10-Changing Degree of Pain

- My pain is rapidly getting better
- My pain fluctuates, but is definitely getting better
- My pain seems to be getting better, but improvement is slow at present
- My pain is neither getting better or worse
- My pain is gradually worsening
- My pain is rapidly worsening