

ONGOING BACK PAIN RISK

36 questions that suggest you are at risk of ongoing back pain.

	Tick the columns on the right in response to the questions below:	Yes	No
1	Do you now have back pain that has lasted 4 or more days without sign of easing?		
2	Have you ever suffered pain going down the back of your leg(s) or any symptoms into your feet (like numbness or pins and needles)?		
3	Do you suffer from mild attacks of back pain that usually go away within less than 4 days (over the last 5 years)?		
4	Have you ever suffered a back injury before (pain lasting more than 2 weeks)?		
5	Are you female with 2 or more children?		
6	Are you aged between 45 and 65 years?		
7	Do you presently smoke?		
8	Are you now overweight?		
9	Do you presently participate in any contact sports?		
10	Do you exercise less than 3 times per week? (moderate level of 1 hour duration)		
11	Would you be in more pain if you increased your exercise levels?		
12	Does your work or home life involve standing for long periods?		
13	Does your work or home life involve sitting for long periods?		
14	If you sit for longer than 30 minutes do you have to move about because your back is uncomfortable?		
15	If you sit for longer than 30 minutes do you get back or leg pain?		
16	If you do any activity requiring prolonged bending (like gardening), do you feel pain or stiffness across your lower back?		
17	Does your work or home-life involve lots of heavy or repetitive lifting?		
18	Does any activity you do involve vibrations whilst sitting (i.e. using machinery, tractor driving etc)?		
19	Does your work or home life involve using vibrating tools for extended periods?		
21	When you cough or sneeze, do you feel a jab of pain in your back?		
22	Is your bed more than 10 years old?		
23	Do you sleep on your stomach?		
24	Do you wake with stiffness or pain in your back regularly?		
25	Does a directly related family member also suffer from back pain?		
26	Do you consume more than 7 glasses of wine, or 7 cans of beer per week?		
27	Have you taken holidays of more than 5 days during the last 12 months?		
28	When you are in pain, does this indicate to you that the pain is causing you more damage?		
29	Do you feel that you are currently under significant psychological stress?		
30	Does your work involve meaningless repetitive tasks for most of your day?		
31	Do you use drugs of any sort to help you relax or to cope with life?		
32	Is there a compensation claim or other legal matter pending in relation to yourself or a close family member?		
33	Are you dissatisfied with your current work or home environment?		
34	Are you presently unemployed?		
35	Have you ever been told you have "scoliosis"?		
36	Have you ever been told you suffer from osteoporosis?		
	TOTAL		

MILD More than 5 YES responses indicate mild increased risk of ongoing back pain

MODERATE More than 8 YES responses indicate a moderate risk of ongoing back pain.

SEVERE More than 10 YES responses suggest you should have ongoing back pain.

This questionnaire has been developed from research into back pain and in particular those with chronic pain. The totalled YES response to the questions is indicative only rather than predictive, any one factor might be sufficient to increase risk. Such a list can also help by indicating which things you might be able to change and thereby reduce your risk.

Please ask us, or your chiropractor, to explain the relevance any of these questions has to the risk of developing chronic back pain. For further information call the clinic on +61(8) 9361-2628. Copyright © 2005 Burswood health Professionals