

# The Quebec Back Pain Disability Scale

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

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 of 0 to 5. Please choose one response option for each activity (do not skip any activities) and circle the corresponding number.

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 do
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 miles.	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