

## ROLAND MORRIS LOW BACK PAIN AND DISABILITY SCALE

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

This list contains some sentences that people have used to describe themselves when they have back pain. When you read them, you may find that some get your attention because they describe your situation *today*. As you read the list, think of yourself *today*. When you read a sentence that describes you *today*, put a checkmark in the box next to it. If the sentence does not describe you, then leave the box blank and go on to the next one. **Remember, checkmark the sentence only if you are sure that it describes you *today*.**

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