

The Quebec Back Pain Disability Scale

Today, do you find it difficult to perform the following activities because of your back?

Activités	Score
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 kilometres	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 100m)	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

Score	
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Patient last name:

Date of birth: / /

Patient first name:

Date: / /