

## Quebec Pain Scale

Name \_\_\_\_\_

Date \_\_\_\_\_

Please answer every question even if it is not something you normally perform.

Today do you or would you have any difficulty at all with these activities?

Because of your back pain, How difficult is it to...	Not Difficult	Minimally Difficult	Somewhat Difficult	Fairly Difficult	Very Difficult	Unable To Do
Get out of bed	0	1	2	3	4	5
Sleeping without pain	0	1	2	3	4	5
Turning over in bed	0	1	2	3	4	5
Riding in a car	0	1	2	3	4	5
Standing for 20-30 minutes	0	1	2	3	4	5
Sitting for several hours	0	1	2	3	4	5
Climbing a flight of stairs	0	1	2	3	4	5
Walking a few blocks	0	1	2	3	4	5
Walking a mile	0	1	2	3	4	5
Reaching up	0	1	2	3	4	5
Throwing a ball	0	1	2	3	4	5
Running a block	0	1	2	3	4	5
Taking food from refrigerator	0	1	2	3	4	5
Making your bed	0	1	2	3	4	5
Putting on socks	0	1	2	3	4	5
Bending to the floor	0	1	2	3	4	5
Moving a chair	0	1	2	3	4	5
Pull or push heavy doors	0	1	2	3	4	5
Carrying 20 pounds	0	1	2	3	4	5
Carrying 40 pounds	0	1	2	3	4	5