

1. How far can you walk before having to stop and rest?	a) <100 yards (0)	b) Between 100 yards and ½ mile (2)	c) Between ½ and 1 mile (4)	d) > 1 mile (6)
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2. How long can you stand still before having to sit down?	a) <5 min (0)	b) 5 to 15 min (2)	c) 15 to 45 min (4)	d) As long as I want (6)
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3. Once your symptoms arise, you have:	None	Mild	Moderate	Severe
Back pain	(6)	(4)	(2)	(0)
Leg pain	(6)	(4)	(2)	(0)
Numbness/tingling	(6)	(4)	(2)	(0)
Heaviness/Weakness	(6)	(4)	(2)	(0)

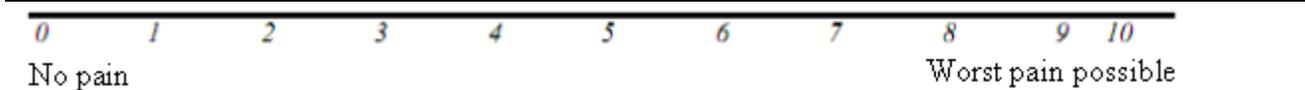
4. The symptoms affect the following activities:	Not at all	Mildly	Moderately	Severely
Sports or activities	(6)	(4)	(2)	(0)
Household or odd jobs	(6)	(4)	(2)	(0)
Walking	(6)	(4)	(2)	(0)
Standing	(6)	(4)	(2)	(0)
Sitting	(6)	(4)	(2)	(0)
Sex Life	(6)	(4)	(2)	(0)

5. How long must you rest before the symptoms resolve?	a) <5 min (6)	b) Between 5 and 10 min (3)	c) <5 min (0)
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6. How frequently do you take pain medicine for these symptoms?	a) Never (6)	b) Occasionally (4)	c) Daily (2)	d) Frequently (0)
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7. How frequently do you see a doctor for these symptoms?	a) Never (6)	b) Occasionally (4)	c) Daily (2)	d) Frequently (0)
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8. Please indicate the level of your pain on the following scale: (scored as 10-X)



Scoring: The score is calculated by adding: ‘a’ answers = 0 points, ‘b’ answers = 2 points, ‘c’ answers = 4 points, ‘d’ answers = 6 points plus the pain scale added as 10-X.

Total possible points = 100 (asymptomatic, full function).