

Patient's Name: \_\_\_\_\_ Date: \_\_\_\_\_

### **Roland-Morris LOW BACK PAIN DISABILITY QUESTIONNAIRE**

When your back hurts, you may find it difficult to do some of the things you normally do. Mark only the sentences that describe you today.

- 1)  I stay at home most of the time because of my back and/or leg pain.
- 2)  I walk more slowly than usual because of my back and/or leg pain.
- 3)  Because of my back and/or leg pain, I am not doing any jobs that I usually do around the house.
- 4)  Because of my back and/or leg pain, I use a handrail to get upstairs.
- 5)  Because of my back and/or leg pain, I lie down to rest more often.
- 6)  Because of my back and/or leg pain, I have to hold onto something to get out of an easy chair.
- 7)  Because of my back and/or leg pain, I try to get other people to do things for me.
- 8)  I get dressed more slowly than usual because of my back and/or leg pain.
- 9)  I stand up only for short periods of time because of my back and/or leg pain.
- 10)  Because of my back and/or leg pain, I try not to bend or kneel down.
- 11)  I find it difficult to get out of a chair because of my back and/or leg pain.
- 12)  My back is painful almost all of the time.
- 13)  I find it difficult to turn over in bed because of my back and/or leg pain.
- 14)  I have trouble putting on my socks (or stockings) because of pain in my back and/or leg pain.
- 15)  I sleep less well because of my back and/or leg pain.
- 16)  I avoid heavy jobs around the house because of my back and/or leg pain.
- 17)  Because of back and/or leg pain, I am more irritable and bad tempered with people than usual.
- 18)  Because of my back and/or leg pain, I go upstairs more slowly than usual.
- 19)  I change positions frequently to try to get my back and /or leg comfortable.
- 20)  My appetite is not very good because of my back and/or leg pain.
- 21)  I can only walk short distances because of my back and/or leg pain.
- 22)  Because of my back and/or leg pain, I get dressed with the help of someone else.
- 23)  I sit down for most of the day because of my back and/or leg pain.
- 24)  I stay in bed most of the time because of my back and/or leg pain.