



## F.I.R.S.T. HEALTH

### LOW BACK PAIN AND DISABILITY QUESTIONNAIRE

(Roland- Morris "18")

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ AGE: \_\_\_\_\_ SCORE: \_\_\_\_\_

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

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

Roland M. Morris R. (1983a) A study of the natural history of back pain: Part 1: Development of a reliable and sensitive measure of disability in low-back pain. Spine 8: 141-144.

Stratford PW, et al. (1997) Measurement properties of the RM-18. A modified version of the Roland- Morris disability scale. Spine Oct. 15; 22(20):2416-21