

ROLAND-MORRIS QUESTIONNAIRE

Patient Name _____

Date _____

Please read carefully:

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

OTHER COMMENTS:

Examiner