

Low Back Pain Questionnaire: Perceptions & Beliefs

Name: _____

Age: _____

Sex: M / F

Mobile No: _____

e-mail: _____

Address: _____

History of Low Back Pain: _____

Please circle answers.

- | | | |
|--|---|---|
| 1 Prolonged bed rest is useful for acute low back pain. | T | F |
| 2 Most acute low back pain resolve spontaneously. | T | F |
| 3 Diagnostic imaging tests (X-rays, CT and MRI) are not routinely indicated for non-specific low back pain | T | F |
| 4 The primary cause of low back pain is unknown. | T | F |
| 5 A supervised exercise programme is unhelpful. | T | F |
| 6 Back care is useful in preventing episodes of low back pain. | T | F |
| 7 All low back pain originate from the lumbar spine. | T | F |
| 8 80% of people with pain (sciatica) need surgery. | T | F |
| 9 Fear of back pain recurring can result in not moving the back. | T | F |
| 10 Low back pain can be cured. | T | F |

Thank you for your participation.

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