

Quebec Back Pain Disability Scale

Today, do you find it difficult to perform the following activities because of your back?

Response options (0 - 5):

- 0 = Not difficult at all
- 1 = Minimally difficult
- 2 = Somewhat difficult
- 3 = Fairly difficult
- 4 = Very difficult
- 5 = Unable to do

	Not difficult					Unable to				
1. Get out of bed.	0	1	2	3	4	5				
2. Sleep for at least 6 hours.	0	1	2	3	4	5				
3. Turn over in bed.	0	1	2	3	4	5				
4. Travel one hour in a car.	0	1	2	3	4	5				
5. Stand up for 20-30 minutes.	0	1	2	3	4	5				
6. Sit for 4 hours.	0	1	2	3	4	5				
7. Climb one flight of stairs.	0	1	2	3	4	5				
8. Walk a few blocks.	0	1	2	3	4	5				
9. Walk several miles.	0	1	2	3	4	5				
10. Reach up to high shelves.	0	1	2	3	4	5				
11. Throw a ball.	0	1	2	3	4	5				
12. Run two blocks.	0	1	2	3	4	5				
13. Take food out of the fridge.	0	1	2	3	4	5				
14. Make your bed.	0	1	2	3	4	5				
15. Put on socks (pantyhose)	0	1	2	3	4	5				
16. Bend over a sink for 10 mins.	0	1	2	3	4	5				
17. Move a table.	0	1	2	3	4	5				
18. Pull or push heavy doors.	0	1	2	3	4	5				
19. Carry two bags of groceries.	0	1	2	3	4	5				
20. Lift 40 lbs.	0	1	2	3	4	5				