

Low Back Pain and Disability Questionnaire (Roland-Morris)

Name: _____ Date: _____

Age: _____ Score: _____

When your back hurts, you may find it difficult to do some of the things you normally do. Circle either the Y or N for the following questions.

- Y N I stay at home most of the time because of my back.
- Y N I walk more slowly than usual because of my back.
- Y N Because of my back, I am not doing any jobs that I usually do around the house.
- Y N Because of my back, I use a handrail to get upstairs.
- Y N Because of my back, I lie down to rest more often.
- Y N Because of my back, I have to hold onto something to get out of an easy chair.
- Y N Because of my back, I try to get other people to do things for me.
- Y N I get dressed more slowly than usual because of my back.
- Y N I stand up only for short periods of time because of my back.
- Y N Because of my back, I try not to bend or kneel down.
- Y N I find it difficult to get out of a chair because of my back.
- Y N My back or leg is painful almost all of the time.
- Y N I find it difficult to turn over in bed because of my back.
- Y N I have trouble putting on my socks (or stockings) because of pain in my back.
- Y N I sleep less well because of my back.
- Y N I avoid heavy jobs around the house because of my back.
- Y N Because of back pain, I am more irritable and bad tempered with people than usual.
- Y N Because of my back, I go upstairs more slowly than usual.