

The Quebec Back Pain Disability Scale

Name: _____

Date: _____

Please circle the number corresponding to the level of difficulty you have performing all of the activities listed below.

Get out of bed

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

Sit in a chair for several hours

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

Sleep through the night

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

Climb one flight of stairs

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

Turn over in bed

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

Walk a few blocks (300-400 m)

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

Ride in a car

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

Walk several kilometres

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

Stand up for 20-30 minutes

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

Reach up to high shelves

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

Throw a ball

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

Run one block (about 100m)

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

Take food out of the refrigerator

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

Make your bed

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

Put on socks (pantyhose)

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

Bend over to clean the bathtub

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

Move a chair

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

Pull or push heavy doors

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

Carry two bags of groceries

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

Lift and carry a heavy suitcase

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