



Having pain can make the simplest everyday task difficult. It can be hard to explain to your health care professional how climbing stairs, getting out of a chair, or bathing might be challenging. This tool will help you to identify all the areas where you struggle and how much trouble you have with each item. Simply circle your level of difficulty. 0 means not difficult at all and 10 means it is extremely difficult for you to accomplish.

Pain Level



0

1

2

3

4

5

6

7

8

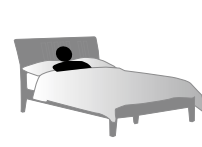
9

10

No Pain

Extreme Pain

Getting Out of Bed



0

1

2

3

4

5

6

7

8

9

10

No Difficulty

Extreme Difficulty

Climbing Stairs



0

1

2

3

4

5

6

7

8

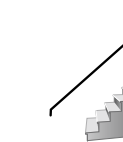
9

10

No Difficulty

Extreme Difficulty

Descending Stairs



0

1

2

3

4

5

6

7

8

9

10

No Difficulty

Extreme Difficulty

Getting Out of a Chair



0

1

2

3

4

5

6

7

8

9

10

No Difficulty

Extreme Difficulty



Walking



0

1

2

3

4

5

6

7

8

9

10

No Difficulty

Extreme Difficulty

Personal Care



0

1

2

3

4

5

6

7

8

9

10

No Difficulty

Extreme Difficulty

Daily Activity



0

1

2

3

4

5

6

7

8

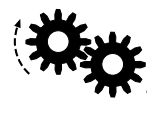
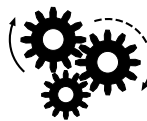
9

10

No Difficulty

Extreme Difficulty

Working



0

1

2

3

4

5

6

7

8

9

10

No Difficulty

Extreme Difficulty

Leisure Activities



0

1

2

3

4

5

6

7

8

9

10

No Difficulty

Extreme Difficulty

Quality of Life



0

1

2

3

4

5

6

7

8

9

10

Excellent

Poor