

The Quebec Back Pain Disability Scale

Name: _____ Date: _____

We are interested in knowing whether you are having any difficulty at all with the activities listed below because of your back problem for which you are currently seeking attention. Please provide one answer for

Today, do you or would you have any difficulty at all with:

	Activity	0 Not difficult at all	1 Minimally difficult	2 Somewh at difficult	3 Fairly difficult	4 Very difficult	5 Unable to do
1	Get out of bed	0	1	2	3	4	5
2	Sleep through the night	0	1	2	3	4	5
3	Turn over in bed	0	1	2	3	4	5
4	Ride in a car	0	1	2	3	4	5
5	Stand up for 20-30 minutes	0	1	2	3	4	5
6	Sit in a chair for several hours	0	1	2	3	4	5
7	Climb one flight of stairs	0	1	2	3	4	5
8	Walk a few blocks (300-400 m)	0	1	2	3	4	5
9	Walk several kilometres	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
13	Run one block (about 100m)	0	1	2	3	4	5
14	Take food out of the refrigerator	0	1	2	3	4	5
15	Make your bed	0	1	2	3	4	5
12	Put on socks (pantyhose)	0	1	2	3	4	5
16	Bend over to clean the bathtub	0	1	2	3	4	5
17	Move a chair	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 and carry a heavy suitcase	0	1	2	3	4	5

Source: Kopec JA, Esdaile JM, Abrahamowicz M, Abenheim L, Wood-Dauphinee S, Lamping DL, et al. The Quebec Back Pain Disability Scale. Measurement properties. Spine. 1995 Feb 1;20(3):341-52.