SPINE PATIENT QUESTIONNAIRE
(Lumbar Attachment)

☛ Please answer all questions completely

☛ It is in your best interest and will assist your doctor with your care

NAME:_____ **DATE:** _____

BIRTHDATE:_____/_____/_____ **HEIGHT:**_____ **FT.**_____**IN.** **WEIGHT**_____**LBS**

A.

1. Referring doctor name and full address:_____

   _____

   If not referred, how did you choose this office?_____
2. Internist or family doctor name and address:_____

   _____
3. Chief complaint (check all that apply): ☐ Neck pain ☐ Back pain Arm: ☐ Pain ☐ Numbness ☐ Weakness Leg: ☐ Pain ☐ Numbness ☐ Weakness Other_____
4. Your age:_____ Years _____ Months
5. Your sex: ☐ Male ☐ Female
6. How long has the pain (or your problem) been present?_____
7. Has your problem worsened recently? ☐ No ☐ Yes – How recently?_____

   _____
8. What started the pain (or problem)?_____

   _____

B. For patients with <u>NECK OR ARM</u> pain, numbness or weakness:

(If you are seeing the doctor for back or leg pain, go to "**C"**)

1. What % of your pain is neck pain and what % is arm pain? (check appropriate box)
   ☐ Neck 0%, Arm 100% ☐ Neck 10%, Arm 90% ☐ Neck 25%, Arm 75% ☐ Neck 40%, Arm 60%
   ☐ Neck 50%, Arm 50% ☐ Neck 60%, Arm 40% ☐ Neck 75%, Arm 25% ☐ Neck 90%, Arm 10%
   ☐ Neck 100%, Arm 0%
2. There is: ☐ No arm pain ☐ Arm pain is as follows (check the following):
   a. ☐ Right 0%, Left 100% ☐ Right 10%, Left 90% ☐ Right 25%, Left 75% ☐ Right 40%, Left 60%
   ☐ Right 50%, Left 50% ☐ Right 60%, Left 40% ☐ Right 75%, Left 25% ☐ Right 90%, Left 10%
   ☐ Right 100%, Left 0%
   b. The arm pain is present in the (check the following):
   Right: ☐ Upper back ☐ Shoulder ☐ Upper arm ☐ Forearm ☐ Hand/finger
   Left: ☐ Upper back ☐ Shoulder ☐ Upper arm ☐ Forearm ☐ Hand/finger
3. Raising the arm: ☐ Improves the pain ☐ Worsens the pain ☐ Does not affect the pain
4. Moving the neck: ☐ Improves the pain ☐ Worsens the pain ☐ Does not affect the pain
5. There is: ☐ No weakness of the arms and hands ☐ Weakness of the (check the following):
   Right: ☐ Shoulder ☐ Upper arm ☐ Forearm ☐ Hand/finger
   Left: ☐ Shoulder ☐ Upper arm ☐ Forearm ☐ Hand/finger
6. There is: ☐ No numbness of the arms and hands ☐ Numbness of the (check the following):
   Right: ☐ Upper arm ☐ Forearm ☐ Thumb ☐ Index finger ☐ Long finger ☐ Ring finger ☐ Small finger
   Left: ☐ Upper arm ☐ Forearm ☐ Thumb ☐ Index finger ☐ Long finger ☐ Ring finger ☐ Small finger
7. There (☐ is ☐ is no) difficulty picking up small objects like coins or buttoning buttons.
8. There (☐ is a ☐ is no) problem with balance or tripping frequently.
9. There are: (☐ Frequent ☐ Occasional ☐ No) headaches in the back of the head.

END OF NECK QUESTIONS – PLEASE GO TO "D"

C. For patients with BACK OR LEG PAIN, numbness or weakness.

(If you are seeing the doctor for neck problems, please complete section **"B"**)

1. What % of your pain is back pain and what % is leg or buttock pain? (check appropriate box):
   ☐ Back 0%, Leg 100% ☐ Back 10%, Leg 90% ☐ Back 25%, Leg 75% ☐ Back 40%, Leg 60%
   ☐ Back 50%, Leg 50% ☐ Back 60%, Leg 40% ☐ Back 75%, Leg 25% ☐ Back 90%, Leg 10%
   ☐ Back 100%, Leg 0%
2. There is: ☐ No leg pain ☐ Leg pain as follows (check the following):
   a. ☐ Right 0%, Left 100% ☐ Right 10%, Left 90% ☐ Right 25%, Left 75% ☐ Right 40%, Left 60%
   ☐ Right 50%, Left 50% ☐ Right 60%, Left 40% ☐ Right 75%, Left 25% ☐ Right 90%, Left 10%
   ☐ Right 100%, Left 0%
   b. The pain is present in the (check the following):
   Right: ☐ Buttock ☐ Thigh-front ☐ Thigh-back ☐ Calf ☐ Foot
   Left: ☐ Buttock ☐ Thigh-front ☐ Thigh-back ☐ Calf ☐ Foot
3. There is: ☐ No weakness of the legs ☐ Weakness of the (check the following):
   Right: ☐ Thigh ☐ Calf ☐ Ankle ☐ Foot ☐ Big toe
   Left: ☐ Thigh ☐ Calf ☐ Ankle ☐ Foot ☐ Big toe
4. There is: ☐ No numbness of the legs ☐ Numbness of the (check the following):
   Right: ☐ Thigh ☐ Calf ☐ Foot
   Left: ☐ Thigh ☐ Calf ☐ Foot
5. The worst position for the pain is: ☐ Sitting ☐ Standing ☐ Walking
6. How many minutes can you stand in one place without pain? ☐ 0-10 ☐ 15-30 ☐ 30-60 ☐ 60+
7. How many minutes can you walk without pain? ☐ 0-10 ☐ 15-30 ☐ 30-60 ☐ 60+
8. Lying down: ☐ Eases the pain ☐ Does not ease the pain ☐ Sometimes eases the pain
9. Bending forward: ☐ Increases the pain ☐ Decreases the pain ☐ Doesn't affect the pain

PLEASE GO TO "D"

D. ★★★ ALL PATIENTS SHOULD ANSWER THE FOLLOWING ★★★

1. Coughing or sneezing (☐ Increases ☐ Sometimes increases ☐ Does not increase) the pain.
2. There is: ☐ No loss of bowel or bladder control ☐ Loss of bowel or bladder control since_____
3. I have: ☐ Not missed any work because of this problem ☐ Missed (how much?) _____ work
4. Treatments have included: ☐ No medicines, therapy, manipulations, injections, or braces

Neck	Back		Neck	Back	
☐	☐	Physical therapy, exercise	☐	☐	Anti-inflammatory medications
☐	☐	Massage & ultrasound	☐	☐	Narcotic medication
☐	☐	Traction	☐	☐	Epidural steroid injections _____ times which relieved the pain for (how long)?_____
☐	☐	Manipulation			
☐	☐	Tens Unit	☐	☐	Trigger point injections _____ times which relieved the pain for (how long)?_____
☐	☐	Shoulder injections			
☐	☐	Braces	☐	☐	Other:_____

5. List pain medications and dose taken for your spine problem: ☐ None

Medication	Dose

6. Previous doctors seen about this problem: ☐ None

Doctor	Specialty	City (If not St. Louis)	Treatments

7. Tests done to evaluate your problem, the dates and the location they were done: ☐ None

	Neck	Back	#1 DATE WHERE	#2 DATE WHERE	#3 DATE WHERE
Plain x-rays	☐	☐			
Myelogram	☐	☐			
CT Scan	☐	☐			
MRI	☐	☐			
EMGs	☐	☐			
Bone Scan	☐	☐			

E. REVIEW OF SYSTEMS: Check all that apply. ☐ None apply

☐ Reading glasses
☐ Change of vision
☐ Loss of hearing
☐ Ear pain
☐ Hoarseness
☐ Nosebleeds
☐ Difficulty swallowing
☐ Morning cough
☐ Shortness of breath
☐ Fever or chills
☐ Heart or chest pain
☐ Abnormal heartbeat
☐ Swollen ankles
☐ Calf cramps w/ walking
☐ Poor appetite
☐ Toothache
☐ Gum trouble
☐ Nausea or vomiting
☐ Stomach pain
☐ Ulcers
☐ Frequent belching
☐ Frequent diarrhea
☐ Frequent Constipation
☐ Hemorrhoids
☐ Frequent urination
☐ Burning on urination
☐ Difficulty starting urination
☐ Get up more than once every night to urinate
☐ Frequent headaches
☐ Blackouts
☐ Seizures
☐ Frequent rash
☐ Hot or cold spells
☐ Recent weight change
☐ Nervous exhaustion

Women only:

☐ Irregular periods
☐ Vaginal discharge
☐ Frequent spotting
☐ Other_____
_____
_____
_____

F. MEDICAL HISTORY: Check all that apply. ☐ None apply

☐ Heart attack
☐ Heart failure
☐ High blood pressure
☐ Osteoarthritis
☐ Rheumatoid arthritis
☐ Ankylosing spondylitis
☐ Gout
☐ Osteoporosis
☐ Diabetes
☐ Stroke
☐ Seizures
☐ Mental illness
☐ Kidney stones
☐ Kidney failure
☐ Cancer
☐ Alcoholism
☐ Lung disease
☐ HIV
☐ AIDS
☐ Tuberculosis
☐ Asthma
☐ Blood clot in leg
☐ Blood clot in lung
☐ Stomach ulcers
☐ Liver trouble
☐ Hepatitis
☐ Thyroid trouble
☐ Bleeding disorders
☐ Anemia
☐ Serious injuries (explain)
_____
☐ Other:_____

G. SURGICAL HISTORY: Previous surgeries - List procedures, surgeon and date. ☐ None

OPERATION	SURGEON	DATE

H. FAMILY HISTORY: Check all that apply. ☐ None apply

☐ Stroke
☐ Heart trouble
☐ High blood pressure
☐ Diabetes
☐ Arthritis
☐ Gout
☐ Seizures
☐ Spine problems
☐ Mental illness
☐ Kidney trouble or stones
☐ Cancer
☐ Bleeding disorders
☐ Alcoholism
☐ Other:_____
_____
_____

I. MEDICATIONS YOU TAKE: ☐ None

_____
_____

J. ALLERGIES TO MEDICATIONS: ☐ No known drug allergies

MEDICATION	Rash	Swelling Wheezing or Shock	Upset Stomach	Unknown Reaction	Other
_____	☐	☐	☐	☐	_____
_____	☐	☐	☐	☐	_____
_____	☐	☐	☐	☐	_____
_____	☐	☐	☐	☐	_____
_____	☐	☐	☐	☐	_____

K. SOCIAL HISTORY:

1. Work status: ☐ Homemaker ☐ Retired ☐ Disabled ☐ On leave
   ☐ Unemployed ☐ Working: __Full time __ Part time
   Occupation:_____

2. Marital status: ☐ Married ☐ Single ☐ Co-habitating
   ☐ Widowed ☐ Divorced

3. Number of living children: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
   ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

4. I live: ☐ Alone ☐ With:_____

5. Tobacco use: ☐ Never (skip to #6)
   ☐ Cigar ☐ Chew ☐ Pipe ☐ Cigarettes
   _____ packs per day for _____ years.
   ☐ Quit – When?_____ after smoking
   _____ packs per day for _____ years (total)

6. Alcohol: ☐ Never or rare
   ☐ Social ☐ Frequently drunk (more than twice a week)
   ☐ Alcoholic ☐ Recovering alcoholic

7. Drug overuse/abuse: ☐ Never ☐ Currently ☐ In the past

8. Because of this spine problem, I have filed or plan to file:
   ☐ A lawsuit ☐ A Worker's Compensation claim
   ☐ Neither a lawsuit or Worker's Compensation claim

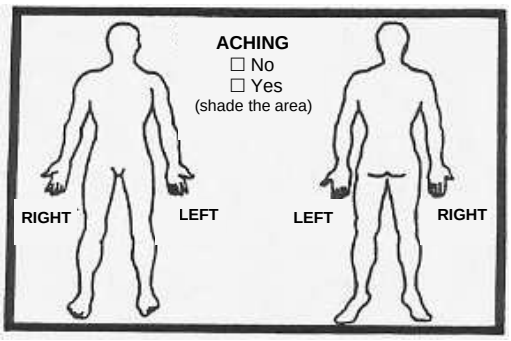
MY PAIN / DISCOMFORT IS (circle number)

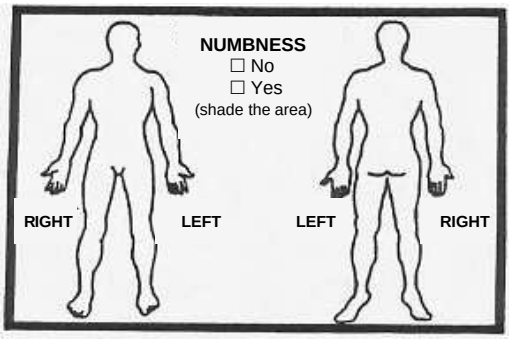
0 1 2 3 4 5 6 7 8 9 10

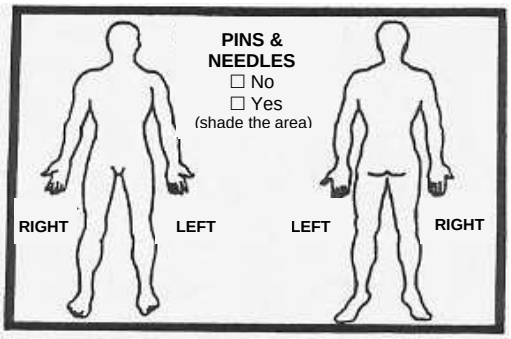
No Pain Slight Mild Moderate Severe Excruciating Pain as bad as it could be

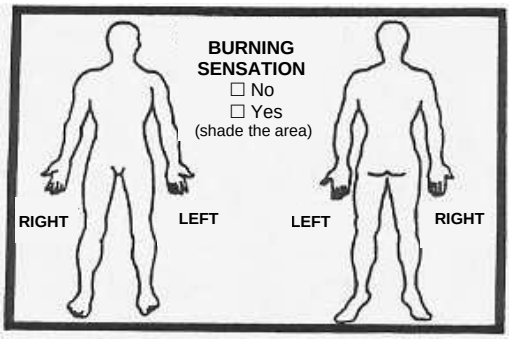
_____ _____

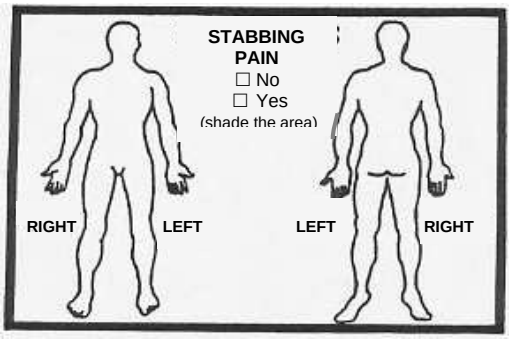
Patient Signature Date











How often do you need to use the following assistive devices?

One or two canes:	O Never	O Sometimes	O About half the time	O Often	O All of the time
One or two crutches:	O Never	O Sometimes	O About half the time	O Often	O All of the time
Walker:	O Never	O Sometimes	O About half the time	O Often	O All of the time
Wheelchair:	O Never	O Sometimes	O About half the time	O Often	O All of the time

Which hurts more, your legs or back?

O Leg hurts much more O Leg hurts somewhat more O Hurt about the same
O Back hurts somewhat more O Back hurts much more

In the past week, how often have you suffered: (Please circle the number that applies)

	None of the time	**A little of the time**	**Some of the time**	**A good bit of the time**	**Most of the time**	**All of the time**
1. Low back and/or buttock pain……..	1	2	3	4	5	6
2. Leg pain…….	1	2	3	4	5	6
3. Numbness or tingling in leg and/or foot……	1	2	3	4	5	6
4. Weakness in leg and/or foot (such as difficulty lifting foot)……	1	2	3	4	5	6

In the past week, how bothersome have these symptoms been? (Please circle the number that applies)

	Not at all bothersome	Slightly bothersome	Somewhat bothersome	Moderately bothersome	Very bothersome	Extremely bothersome
5. Low back and/or buttock pain……	1	2	3	4	5	6
6. Leg pain……..	1	2	3	4	5	6
7. Numbness or tingling in leg and/or foot…….	1	2	3	4	5	6
8. Weakness in leg and/or foot (such as difficulty lifting foot)……..	1	2	3	4	5	6

9. Generally speaking, are your symptoms getting better or worse? (Fill in **<u>one</u>** circle)

O Getting much better O Getting somewhat better O Staying about the same
O Getting somewhat worse O Getting much worse

The following questions are regarding what you expect from your treatment of your <u>Back/Leg or Neck/Arm Pain</u>.

As a result of my treatment, I expect…	**Not Likely**	**Slightly Likely**	**Somewhat Likely**	**Very Likely**	**Extremely Likely**
1. …complete pain relief.	O	O	O	O	O
2. …moderate pain relief.	O	O	O	O	O
3. …to be able to do more everyday household or yard activities.	O	O	O	O	O
4. …to sleep more comfortably.	O	O	O	O	O
5. …to be able to go back to my usual job.	O	O	O	O	O
6. …to be able to do more sports, to biking, or go for long walks.	O	O	O	O	O

How important is…	**Not Important**	**Slightly Important**	**Somewhat Important**	**Very Important**	**Extremely Important**
7. …complete pain relief?	O	O	O	O	O
8. …being able to do more everyday activities?	O	O	O	O	O
9. …being able to sleep more comfortably?	O	O	O	O	O
10. ..being able to return to my usual job?	O	O	O	O	O
11. ..being able to do more recreational activities?	O	O	O	O	O

12. If you had to spend the rest of your life with your back condition as it is right now, how would you feel?

O Extremely dissatisfied O Very Dissatisfied O Neutral
O Somewhat Satisfied O Very Satisfied O Extremely Satisfied

The following questions refer to your health in general, including, but not limited to, your back or neck.

1. In general, would you say your health is: (mark only one)
   O Excellent O Very Good O Good O Fair O Poor

2. **Compared to <u>one year ago</u>,** how would you rate your health in general **now**? (mark only one)
   O Much better than 1 year ago O Somewhat better than 1 year ago O About the same as 1 year ago O Somewhat worse than 1 year ago O Much worse than 1 year ago

The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much? (Fill in only one circle on each line.)

	Yes, Limited a Lot	**Yes, Limited a Little**	**No, Not Limited**
3. **Vigorous activities** such as running, lifting heavy objects or participating in strenuous sports.	O	O	O
4. **Moderate activities** such as moving a table, pushing a vacuum cleaner, bowling or golf.	O	O	O
5. Lifting or carrying groceries.	O	O	O
6. Climbing **several** flights of stairs.	O	O	O
7. Climbing **one** flight of stairs.	O	O	O
8. Bending, kneeling, or stooping.	O	O	O
9. Walking **more than a mile**.	O	O	O
10. Walking **several blocks**.	O	O	O
11. Walking **one block**.	O	O	O
12. Bathing or dressing yourself	O	O	O

During the **past 4 weeks**, have you had any of the following problems with your work or other regular daily activities **as a result of your physical health**? (Fill in only one circle on each line.)

	Yes	**No**
13. Cut down on the **amount of time** you spent on work or other activities.	O	O
14. **Accomplished less** than you would like.	O	O
15. Were limited in the **kind** of work or other activities.	O	O
16. Had difficulty performing the work or other activities (e.g. took extra effort)	O	O

During the **past 4 weeks**, have you had any of the following problems with your regular daily activities **as a result of any emotional problems** (such as feeling depressed or anxious)? (Fill in only one circle on each line.)

	Yes	**No**
17. Cut down the **amount of time** you spent on work or other activities?	O	O
18. **Accomplished less** than you would like?	O	O
19. Didn't do work or other activities as **carefully** as usual?	O	O

20. During the **past 4 weeks**, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbors, or groups? (mark only one)
    O Not at all O Slightly O Moderately O Quite a bit O Extremely

21. How much **bodily** pain have you had during the **past 4 weeks**? (mark only one)
    O None O Very Mild O Mild O Moderate O Severe O Very Severe

22. During the **past 4 weeks** how much did **pain** interfere with your normal work (including both work outside the home and housework)? (mark only one)
    O Not at all O A little bit O Moderately O Quite a bit O Extremely

These questions are about how you feel and how things have been with you **during the past 4 weeks**. For each question, please give the one answer that comes closest to the way you have been feeling.

How much time **during the past 4 weeks**… (Fill in only one circle on each line.)

	All of the Time	**Most of the Time**	**A Good Bit of the Time**	**Some of the Time**	**A Little of the Time**	**None of the Time**
23. Did you feel full of pep?	O	O	O	O	O	O
24. Have you been a very nervous person?	O	O	O	O	O	O
25. Have you felt so down in the dumps that nothing could cheer you up?	O	O	O	O	O	O
26. Have you felt calm and peaceful?	O	O	O	O	O	O
27. Did you feel full of energy?	O	O	O	O	O	O
28. Have you felt downhearted and blue?	O	O	O	O	O	O
29. Did you feel worn out?	O	O	O	O	O	O
30. Have you been a happy person?	O	O	O	O	O	O
31. Did you feel tired?	O	O	O	O	O	O

32. During the **past 4 weeks**, how much of the time has your **physical health or emotional problems** interfered with your social activities (like visiting with friends and relatives, etc.)? (mark only one)

    O All of the time O Most of the time O Some of the time O A little of the time O None of the time

How **TRUE** or **FALSE** is **each** of the following statements for you? (Fill in only one circle on each line.)

	Definitely True	**Mostly True**	**Don't Know**	**Mostly False**	**Definitely False**
33. I seem to get sick a little easier than other people.	O	O	O	O	O
34. I am as healthy as anybody I know.	O	O	O	O	O
35. I expect my health to get worse.	O	O	O	O	O
36. My health is excellent.	O	O	O	O	O

OSWESTRY QUESTIONNAIRE

The following questions will give us information as to how your back or leg pain has affected your ability to manage everyday life. Please answer every section, and mark in each section only the answer which applies to you. We realize you may consider that two of the statements in any one section relate to you. Please just give the answer which most clearly describes your problem.

Pain Intensity (mark only one)

0. I have no pain at this moment.
1. The pain is very mild at the moment.
2. The pain is moderate at the moment.
3. The pain is fairly severe at the moment.
4. The pain is very severe at the moment.
5. The pain is the worst imaginable at the moment.

Personal Care (washing, dressing, etc.) (mark only one)

0. I can look after myself normally without causing extra pain.
1. I can look after myself normally, but it is very painful.
2. It is painful to look after myself and I am slow and careful.
3. I need some help, but manage most of my personal care.
4. I need help every day in most aspects of self care.
5. I do not get dressed, wash with difficulty, and stay in bed.

Lifting (mark only one)

0. I can lift heavy weights without extra pain.
1. I can lift heavy weights, but it gives me extra pain.
2. Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, e.g. on a table.
3. Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.
4. I can lift only very light weights.
5. I cannot lift or carry anything at all.

Walking (mark only one)

0. Pain does not prevent me from walking any distance.
1. Pain prevents me from walking for more than 1 mile.
2. Pain prevents me from walking for more than 1/4 mile.
3. Pain prevents me from walking for more than 100 yards.
4. I can only walk using a stick or crutches.
5. I am in bed most of the time and have to crawl to the toilet.

Sitting (mark only one)

0. I can sit in any chair as long as I like.
1. I can sit in my favorite chair as long as I like.
2. Pain prevents me from sitting for more than 1 hour.
3. Pain prevents me from sitting for more than 1/2 hour.
4. Pain prevents me from sitting for mores than 10 minutes.
5. Pain prevents me from sitting at all.

Standing (mark only one)

0. I can stand as long as I want without extra pain.
1. I can stand as long as I want, but it gives me extra pain.
2. Pain prevents me from standing for more than one hour.
3. Pain prevents me from standing for more than 1/2 hour.
4. Pain prevents me from standing for more than 10 minutes.
5. Pain prevents me from standing at all.

Sleeping (mark only one)

0. My sleep is never disturbed by pain.
1. My sleep is occasionally disturbed pain.
2. Because of pain I have less than 6 hours sleep.
3. Because of pain I have less than 4 hours sleep.
4. Because of pain I have less than 2 hours sleep.
5. Pain prevents me from sleeping at all.

Sex Life (mark only one)

0. My sex life is normal and causes no extra pain.
1. My sex life is normal, but causes some extra pain.
2. My sex life is nearly normal, but is very painful.
3. My sex life is severely restricted by pain.
4. My sex life is nearly absent because of pain.
5. Pain prevents any sex life at all.

Social Life (mark only one)

0. My social life is normal and gives me no extra pain.
1. My social life is normal, but increases the degree of pain.
2. Pain has no significant effect on my social life apart from limiting my more energetic interest, e.g. sports, etc.
3. Pain has restricted my social life and I do not go out as often.
4. Pain has restricted my social life to my home.
5. I have no social life because of pain.

Traveling (mark only one)

0. I can travel anywhere without extra pain.
1. I can travel anywhere, but it gives me extra pain.
2. Pain is bad, but I manage journeys over two hours.
3. Pain restricts me to journeys of less than one hour.
4. Pain restricts me to short necessary journeys under 30 minutes.
5. Pain prevents me from traveling except to receive treatment.

BACK AND LEG PAIN QUESTIONNAIRE

This form is for the purpose of collecting back pain and leg pain information from you. Answer **every** question by filling in the appropriate circle. If you are unsure about how to answer a question, please give the best answer you can. Mark only **one** answer for each question.

BACK PAIN

1. On the scale of 0 to 10, mark your intensity of **back** pain discomfort with 0 being **no pain** and 10 being p**ain as bad as it could be.**

No	0	1	2	3	4	5	6	7	8	9	10	**Pain As Bad**
Pain	O	O	O	O	O	O	O	O	O	O	O	**As It Could Be**

2. On the scale of 0 to 10, mark how often you had **back** pain discomfort with 0 being **none of the time** and 10 being **pain all of the time**.

None Of	0	1	2	3	4	5	6	7	8	9	10	**All Of The**
The Time	O	O	O	O	O	O	O	O	O	O	O	**Time**

LEG PAIN

1. On the scale of 0 to 10, mark your intensity of **leg** pain discomfort with 0 being **no pain** and 10 being **pain as bad as it could be**.

No	0	1	2	3	4	5	6	7	8	9	10	**Pain As Bad**
Pain	O	O	O	O	O	O	O	O	O	O	O	**As It Could Be**

2. On the scale of 0 to 10, mark how often you had **leg** pain discomfort with 0 being **none of the time** and 10 being **pain all of the time**.

None Of	0	1	2	3	4	5	6	7	8	9	10	**All Of The**
The Time	O	O	O	O	O	O	O	O	O	O	O	**Time**

HISTORY:

1. Is this an unresolved spinal litigation case? O Yes O No
   If yes, please answer the following:
   a. Is this the result of a motor vehicle accident? O Yes O No
   b. Is this the result of a personal injury? O Yes O No
   c. Other, please describe: _____

2. How long ago did your **current** back/neck symptoms begin?
   O Less than two weeks ago O Between two and eight weeks ago
   O Between eight and twelve weeks ago O Three months to six months ago
   O Between six and twelve months ago O More than twelve months ago

3. Have you had back/neck symptoms **before** your current episode?
   O No O Yes, one episode O Yes, two or more episodes

4. How much work did you miss because of your worst **prior** episode?
   O None O 1 day to 2 weeks O Between 2 and 4 weeks
   O Between 4 and 12 weeks O Between 12 and 24 weeks O More than 24 weeks

5. Have you had **previous** back/neck surgery?
   O No O Yes; How many? _____

6. If so, did you return to work?
   O No O Yes, with limitations O Yes, with no limitations
   O Never stopped working O Did not work prior to surgery

7. Which health care provider(s) have you used for your **current** condition? (Mark all that apply)
   O Acupuncturist O Chiropractor O Emergency Room O Internist
   O General Practitioner O Immediate Care Clinic O Massage Therapist O Neurosurgeon
   O Nurse Practitioner O Osteopath O Orthopedic Surgeon O Pain Clinic
   O Physical Therapist O Rheumatologist O Work Hardening O Other:_____

PAIN OR MUSCLE RELAXANT MEDICATION REGIMEN

During the last week, how often have you taken the following for your back/leg pain or neck/arm pain:

8. Non-Narcotic medication (such as aspirin, Tylenol, Motrin, Vioxx, Celebrex)
   O 3 or more times a day O Once or twice a day O Once every couple of days
   O Once a week O Not at all

9. Weak narcotic medication (such as Tylenol #3, Darvocet N-100, Darvon, Vicodin)
   O 3 or more times a day O Once or twice a day O Once every couple of days
   O Once a week O Not at all

10. Strong narcotic medication (such as Percodan, Percocet, Morphine, Demerol)
    O 3 or more times a day O Once or twice a day O Once every couple of days
    O Once a week O Not at all

11. Muscle Relaxant medication (such as Flexeril, Parafon Forte, Robaxin)
    O 3 or more times a day O Once or twice a day O Once every couple of days
    O Once a week O Not at all

WORK STATUS:

1. Are you currently working? O Yes O No

2. If you are currently working, please answer the following:
    a. Occupation:_____

    b. O Full Time O Part Time
       O Full Duty O Light Duty

    c. If you are working less than **Full Time** or **Full Duty**, is this because of the problems with your back/neck?
       O Yes O No

3. If you are not currently working, answer the following:
    a. O Are you not working because of problems with your back/neck? O Yes O No
    b. O Retired
    c. O Not Currently Employed

4. Highest level of education attained: O < High School O Associates Degree O Masters Degree
   O High School O Bachelors Degree O Professional Degree

5. When did you stop working?
    O Less than one week ago
    O More than one week but less than three months ago
    O More than three months but less than six months ago
    O More than six months but less than one year ago
    O One to two years ago
    O More than two years ago
    O Never employed
    O Currently working

6. Is your current job the same as when your back/neck problems began?
    O Yes, exact same job.
    O No, job changed due to back problems.
    O Yes, but job was lightened due to back problems.
    O No, job changed for reasons other than back.
    O Not currently working.

7. How long have you been at current job?
   O Less than six months O Six to 12 months O More than 12 months O Not currently working

8. How much sitting does your job involve?
   O All of the time O Most of the time O A good bit of the time
   O Some of the time O A little of the time O None of the time

9. How much standing/walking does your job involve?
   O All of the time O Most of the time O A good bit of the time
   O Some of the time O A little of the time O None of the time

10. How often do you lift 25 lbs. on job?
    O All of the time O Most of the time O A good bit of the time
    O Some of the time O A little of the time O None of the time

11. How often do you lift 50 lbs. on job?
    O All of the time O Most of the time O A good bit of the time
    O Some of the time O A little of the time O None of the time

12. Is your job physically demanding?
    O Extremely O Very much O Quite a bit O Somewhat O A little O Not at all

13. Is your job stressful?
    O Extremely O Very much O Quite a bit O Somewhat O A little O Not at all

14. How much do you enjoy your job?
    O Extremely O Very much O Quite a bit O Somewhat O A little O Not at all

15. How much do you like your co-workers?
    O Extremely O Very much O Quite a bit O Somewhat O A little O Not at all

16. How much do you like your supervisor?
    O Extremely O Very much O Quite a bit O Somewhat O A little O Not at all

17. Other sources of income (mark all that apply)
    O Another income O Disability O State support
    O Other income O Social Security O No other income

18. Your opinion of fault (mark all that apply)
    O Own fault O Another fault O Employer fault
    O Co-worker fault O No fault

19. Financial difficulties due to back condition?
    O None at all O Only a little O Some O A lot

20. Are you on, or planning to apply for Social Security?
    O No O Already on it O Applied for it O Planning to apply

21. Are you on, or planning to apply for Disability?
    O No O Already on it O Applied for it O Planning to apply

22. Are you on, or planning to apply for Worker's Compensation?
    O No O Already on it O Applied for it O Planning to apply

23. Are you on, or planning to apply for other program?
    Other program description _____
    O No O Already on it O Applied for it O Planning to apply

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_____ _____

Physician Signature Date