

Dr. Michael Shen

DATE OF EXAM: _____

PATIENT NAME: _____

VISUAL ANALOG SCALE

Please mark an "I" on the line below indicating the total amount of pain you have felt for the last week.

CERVICAL

Neck Pain:

NO PAIN [-----] **WORST POSSIBLE PAIN**

Arm Pain:

NO PAIN [-----] **WORST POSSIBLE PAIN**

Oswestry

1. Pain Intensity: (mark only one)

- 0[] I have no pain at this moment.
- 1[] The pain is very mild at this 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.

2. Personal Care: (mark only one)

- 0[] I can look after myself normally without causing extra pain.
- 1[] I can look after myself normally, but it causes extra pain.
- 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 myself care.
- 5[] I do not get dressed, wash with difficulty, and stay in bed.

3. Lifting: (mark only one)

- 0[] I can lift heavy weights without extra pain.
- 1[] I can lift heavy weights, but it causes 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 table.
- 3[] Pain prevents me from lifting heavy weights, but I can manage light to medium weights if positioned conveniently.
- 4[] I can lift only light weights.
- 5[] I cannot lift or carry anything at all.

4. 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 ¼ mile.
- 3[] Pain prevents me from walking more than 100 yards.
- 4[] I can only walk using a stick or crutch.
- 5[] I am in bed most of the time and have to crawl to the toilet.

5. 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 ½ hour.
- 4[] Pain prevents me from sitting more than 10 min.
- 5[] Pain prevents me from sitting at all.

6. Standing (mark only one)

- 0[] Can stand as long as I want without extra pain.
- 1[] Can stand as long as I want but, it gives me extra pain.
- 2[] Pain prevents me from standing more than 1 hour.
- 3[] Pain prevents me from standing more than ½ hour.
- 4[] Pain prevents me from standing more than 10 min.
- 5[] Pain prevents me from standing at all.

7. Sleeping (mark only one)

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

8. Sex Life (mark only one)

- 0[] My sex life is normal and causes no extra pain.
- 1[] My sex life is normal but causes 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.

9. 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 interests.
- 3[] Pain has restricted my social life, I don't go out much.
- 4[] Pain has restricted my social life to my home.
- 5[] I have no social life because of pain.

10. 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 2 hours.
- 3[] Pain restricts me to journeys of less than 1 hour.
- 4[] Pain restricts me to short necessary journeys under 30 minutes.
- 5[] Pain prevents me from traveling except to receive treatment.