

The Quebec Back Pain Disability Scale

Today, do you find it difficult to perform the following activities because of your back?

Get out of bed

- Not difficult at all
- Minimally difficult
- Somewhat difficult
- Fairly difficult
- Very difficult
- Unable to do

Sit in a chair for several hours

- Not difficult at all
- Minimally difficult
- Somewhat difficult
- Fairly difficult
- Very difficult
- Unable to do

Sleep through the night

- Not difficult at all
- Minimally difficult
- Somewhat difficult
- Fairly difficult
- Very difficult
- Unable to do

Climb one flight of stairs

- Not difficult at all
- Minimally difficult
- Somewhat difficult
- Fairly difficult
- Very difficult
- Unable to do

Turnover in bed

- Not difficult at all
- Minimally difficult
- Somewhat difficult
- Fairly difficult
- Very difficult
- Unable to do

Walk a few blocks (300-400m)

- Not difficult at all
- Minimally difficult
- Somewhat difficult
- Fairly difficult
- Very difficult
- Unable to do

Ride in a car

- Not difficult at all
- Minimally difficult
- Somewhat difficult
- Fairly difficult
- Very difficult
- Unable to do

Walk several kilometers

- Not difficult at all
- Minimally difficult
- Somewhat difficult
- Fairly difficult
- Very difficult
- Unable to do

Stand up for 20-30 minutes

- Not difficult at all
- Minimally difficult
- Somewhat difficult
- Fairly difficult
- Very difficult
- Unable to do

Reach up to high shelves

- Not difficult at all
- Minimally difficult
- Somewhat difficult
- Fairly difficult
- Very difficult
- Unable to do

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Throw a ball

Not difficult at all
Minimally difficult
Somewhat difficult
Fairly difficult
Very difficult
Unable to do

Bend over to clean the bathtub

Not difficult at all
Minimally difficult
Somewhat difficult
Fairly difficult
Very difficult
Unable to do

Run one block (about 100m)

Not difficult at all
Minimally difficult
Somewhat difficult
Fairly difficult
Very difficult
Unable to do

Move a chair

Not difficult at all
Minimally difficult
Somewhat difficult
Fairly difficult
Very difficult
Unable to do

Take food out of the refrigerator

Not difficult at all
Minimally difficult
Somewhat difficult
Fairly difficult
Very difficult
Unable to do

Pull or push heavy doors

Not difficult at all
Minimally difficult
Somewhat difficult
Fairly difficult
Very difficult
Unable to do

Make your bed

Not difficult at all
Minimally difficult
Somewhat difficult
Fairly difficult
Very difficult
Unable to do

Carry two bags of groceries

Not difficult at all
Minimally difficult
Somewhat difficult
Fairly difficult
Very difficult
Unable to do

Put on socks (pantyhose)

Not difficult at all
Minimally difficult
Somewhat difficult
Fairly difficult
Very difficult
Unable to do

Lift and carry a heavy suitcase

Not difficult at all
Minimally difficult
Somewhat difficult
Fairly difficult
Very difficult
Unable to do