



Eight out of every ten people experience serious neck or back pain at some point in their lives.

Spine pain (back and neck pain) is the number two reason that Americans go to the doctor.



Back & Neck Pain Profiler

Name: _____ mm-dd-yyyy

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YOUR SPINE ASSESSMENT

Severe Impairment
Impairment = 68%



YOUR SPINE PAIN SYMPTOMS

Nerve Symptoms = 3

Other Symptoms = None



YOUR SPINE PAIN RISK FACTORS

Lifestyle Factors = 1

Health History Factors = 2

You've had very severe lower back pain for 2 weeks or less. It is staying the same. It started suddenly, after an injury, blow, or fall. You now have severe impairment.

- Because of the severity of your pain/impairment, you should see a doctor or specialist for further assessment or treatment options.
- You report one or more symptoms of spine pain that may indicate nerve damage.
- You did not report common symptoms of spine pain that can indicate a fracture, tumor, or infection of the spine.
- You have one or more health history factors (that you can't change) that increase the risk of developing spine pain.
- You have one or more lifestyle factors (like weight or smoking) that increase the risk of developing spine pain.

Pain is Personal

This table shows your answers to some quality of life questions. There are many other factors that contribute to a person's quality of life, but this short list may help you think of some other ways spine pain affects your daily activities.

The factors that impact quality of life are personal. For example, the inability to stand for a prolonged period of time without pain might dramatically affect a cashier but have much less impact on a truck driver. Only you can determine how your quality of life has been affected by spine pain.

Share this information with your doctor. Discuss any other ways your spine pain interferes with the things you need or want to do.

Note: Complete this profiler again to assess another part of your spine.

Function/Rating	Description
Pain Intensity 4	The pain is very severe at the moment.
Walking 4	I can only walk with crutches or cane.
Standing 4	Pain prevents me from standing for more than 10 minutes.
Sitting 4	Pain prevents me from sitting for more than 10 minutes.
Lifting 2	Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned.
Sleeping 2	Because of pain, I get less than 6 hours sleep.
Personal Care 4	I need help every day in most aspects of my care.
House/Job 3	I can do most house/job duties, but pain prevents performing more physically stressful activities.
Traveling 5	My pain prevents all travel except for visits to the physician/therapist or hospital.
Socializing 2	Pain prevents me from participating in more energetic activities.

better 0 1 2 3 4 5 worse

7 of 10 answers indicate more than moderate impairment

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