

ACTIVITIES OF DAILY LIVING

Patient: _____ Age: _____ Date: _____

Doctor: _____

People with spinal pain may find that certain activities are restricted or difficult to do.

CIRCLE all activities that you find difficult to do **now**:

- Sleep through the night
 - Get out of bed
 - Make your bed
 - Bathe yourself
 - Wash, comb or dry hair
 - Bend over a sink for 10 minutes
 - Go to the bathroom
 - Put on socks, shoes or clothing
 - Walk up one flight of stairs
 - Walk down one flight of stairs
 - Crawl on all fours
 - Turn a door knob
 - Open a heavy door
 - Sit in a chair for 30 minutes
 - Sit and work at a desk for one hour
 - Get up from a low seat
 - Cross legs
 - Walk one mile
 - Stand for 30 minutes
 - Travel on journeys that take over one hour
 - Push or pull vacuum cleaner or lawn mower
 - Carry laundry basket, groceries or a small child
 - Wash windows or walls
 - Bend over to clean bathtub
 - Shovel snow or dirt
 - Use pencil, scissors, screwdriver, or pliers
 - Lift a heavy suitcase (about 40 pounds)
 - Reach in front or overhead to high shelves
 - Enjoy hobbies or social activities
 - Enjoy sexual activities
 - NONE OF THE ABOVE
- Other: _____

Patient Signature: _____

Date: _____