

The Roland-Morris Disability Questionnaire

Name: _____

Date: ___/___/___

When your back or leg hurts, you may find it difficult to do some of the things you normally do. Please mark with a cross only the sentences that describe you TODAY.

- 01. [] I stay at home most of the time because of my back and/or leg pain.
- 02. [] I walk more slowly than usual because of my back and/or leg pain.
- 03. [] Because of my back and/or leg pain, I am not doing any jobs that I usually do around the house.
- 04. [] Because of my back and/or leg pain, I use a handrail to get upstairs.
- 05. [] Because of my back and/or leg pain, I lie down to rest more often.
- 06. [] Because of my back and/or leg pain, I have to hold onto something to get out of an easy chair.
- 07. [] Because of my back and/or leg pain, I try to get other people to do things for me.
- 08. [] I get dressed more slowly than usual because of my back and/or leg pain.
- 09. [] I stand up only for short periods of time because of my back and/or leg pain.
- 10. [] Because of my back and/or leg pain, I try not to bend or kneel down.
- 11. [] I find it difficult to get out of a chair because of my back and/or leg pain.
- 12. [] My back is painful almost all of the time.
- 13. [] I find it difficult to turn over in bed because of my back and/or leg pain.
- 14. [] I have trouble putting on my socks (or stockings) because of pain in my back and/or leg pain.
- 15. [] I sleep less well because of my back and/or leg pain.
- 16. [] I avoid heavy jobs around the house because of my back and/or leg pain.
- 17. [] Because of back and/or leg pain, I am more irritable and bad tempered with people than usual.
- 18. [] Because of my back and/or leg pain, I go upstairs more slowly than usual.
- 19. [] I change positions frequently to try to get my back and/or leg comfortable.
- 20. [] My appetite is not very good because of my back and/or leg pain.
- 21. [] I can only walk short distances because of my back and/or leg pain.
- 22. [] Because of my back and/or leg pain, I get dressed with the help of someone else.
- 23. [] I sit down for most of the day because of my back and/or leg pain.
- 24. [] I stay in bed most of the time because of my back and/or leg pain.

Office Use Only Score: _____ %

PT NAME:

DATE:

ACCT#: