

Roland-Morris Low Back Pain and Disability Questionnaire- 24 (RMQ-24)

Patient name: _____ Date: _____

Instructions: When your back hurts, you may find it difficult to do some of the things you normally do. Mark only the sentences that describe you today.

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

Total score: _____