



Hornickel Chiropractic Clinic

132 East Maiden Street, Washington, PA 15301 • 724-228-8600 Fax: 724-228-8690

Name _____ Date _____

PLEASE MARK 1 SELECTION FOR EACH QUESTION. YOU SHOULD HAVE 9 ITEMS CHECKED.

Section 1 – Pain Intensity

- I have no pain.
- I have no pain, but when I move a certain way I have some pain.
- I have minimal pain most of the time.
- I have moderate pain most of the time.
- I have severe pain most of the time.
- I have intense/intolerable pain most of the time.

Section 2 – Personal Care (washing, dressing, etc.)

- I can take care of myself normally without causing extra pain.
- I can take care of myself normally, but it causes extra pain.
- It is painful to look after myself and I am slow and careful.
- I need some help, but manage most of my personal care.
- I need help every day in most aspects of self care.
- I do not get dressed, wash with difficulty and stay in bed.

Section 3 – Lifting

- I can lift heavy weights without extra pain.
- I can lift heavy weights, but it gives extra pain.
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, eg. on the table.
- Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned.
- I can lift only very light weights.
- I cannot lift or carry anything at all.

Section 4 – Walking

- Pain does not prevent me walking any distance.
- Pain prevents me walking more than 1 mile.
- Pain prevents me walking more than ½ mile.
- Pain prevents me walking more than ¼ mile.
- I can only walk using a cane or crutches.
- I am in bed most of the time.

Section 5 – Sitting

- I can sit in any chair as long as I like.
- I can only sit in my favorite chair as long as I like.
- Pain prevents me from sitting more than 1 hour.
- Pain prevents me from sitting more than ½ hour.
- Pain prevents me from sitting more than 10 minutes.
- Pain prevents me from sitting at all.

Section 6 – Standing

- I can stand as long as I want without pain.
- I can stand as long as I want, but it gives me extra pain.
- Pain prevents me from standing for more than 1 hour.
- Pain prevents me from standing for more than 30 minutes.
- Pain prevents me from standing for more than 10 minutes.
- Pain prevents me from standing at all.

Section 7 – Sleeping

- Pain does not prevent me from sleeping well.
- I can sleep well only by taking medication.
- I have less than six hours of sleep because of pain.
- I have less than four hours of sleep because of pain.
- I have less than two hours of sleep because of pain.
- Pain prevents me from sleeping at all.

Section 8 – Social Life

- My social life is normal and gives me no extra pain.
- My social life is normal but increases the pain.
- Pain has no significant effect on my social life apart from limiting more energetic interests, eg. dancing, etc.
- Pain has restricted my social life and I do not go out as often.
- Pain has restricted my social life to my home.
- I have no social life because of pain.

Section 9 – Traveling

- I can travel anywhere without extra pain.
- I can travel anywhere but it gives me extra pain.
- Pain is bad but I manage trips over 2 hours.
- Pain restricts me to trips less than 1 hour.
- Pain restricts me to short necessary trips under 30 minutes.
- Pain prevents me from traveling except to the doctor or hospital.

Comments: _____



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There are many words that describe pain. Some of these are grouped below. Look at each group of words and circle any word which describes the pain you are experiencing RIGHT NOW. Continue until you have finished all 20 groups. You should choose only one word from each word group but if none of the words in a particular word group describes your pain, go to the next word group.

1.
FLICKERING
QUIVERING
PULSING
THROBBING
BEATING
POUNDING

2.
JUMPING
FLASHING
SHOOTING

3.
PRICKING
BORING
DRILLING
STABBING
LANCINATING

4.
SHARP
CUTTING
LACERATING

5.
PINCHING
PRESSING
GNAWING
CRAMPING
CRUSHING

6.
TUGGING
PULLING
WRENCHING

7.
HOT
BURNING
SCALDING
SEARING

8.
TINGLING
ITCHY
SMARTING
STINGING

9.
DULL
SORE
HURTING
ACHING
HEAVY

10.
TENDER
TAUT
RASPING
SPLITTING

11.
TIRING
EXHAUSTING

12.
SICKENING
SUFFOCATING

13.
FEARFUL
FRIGHTFUL
TERRIFYING

14.
PUNISHING
GRUELING
CRUEL
VICIOUS
KILLING

15.
WRETCHED
BLINDING

16.
ANNOYING
TROUBLESOME
MISERABLE
INTENSE
UNBEARABLE

17.
SPREADING
RADIATING
PENETRATING
PIERCING

18.
TIGHT
NUMB
DRAWING
SQUEEZING
TEARING

19.
COOL
COLD
FREEZING

20.
NAGGING
NAUSEATING
AGONIZING
DREADFUL
TORTURING