1. How far can you walk before having to stop and rest?
   a. <100 yards  b. Between 100 yards and ½ mile
   c. Between ½ and 1 mile  d. >1 mile

2. How long can you stand still before having to sit down?
   a. <5 min.  b. 5 to 15 min  c. 15 to 45 min  d. As long as I please

3. Once your symptoms arise, you have:
   a. Severe  b. Moderate  c. Mild  d. None
   Rank each: Back pain, Leg pain, Numbness/Tingling, Heaviness/Weakness.

4. The symptoms affect the following activities:
   Rank each: Sports or activities, Household or odd jobs, Walking, Standing,
   Sitting, Sex Life.

5. How long must you rest before the symptoms resolve?
   a. >10 min  b. Between 5 and 10 min  c. <5 min

6. How frequently do you take pain medicine for these symptoms?

7. How frequently do you see a doctor for these symptoms?

8. Rank your pain on the following scale:

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Pain</td>
<td>Worst Pain</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The score is calculated by adding:

- 'a' answers = 0 points, 'b' answers = 2 points,
- 'c' answers = 4 points, 'd' answers = 6 points
--- plus the pain scale added as 10-X

Total possible points = 100 (asymptomatic, full function).