





The Keele Start Back Screening Tool

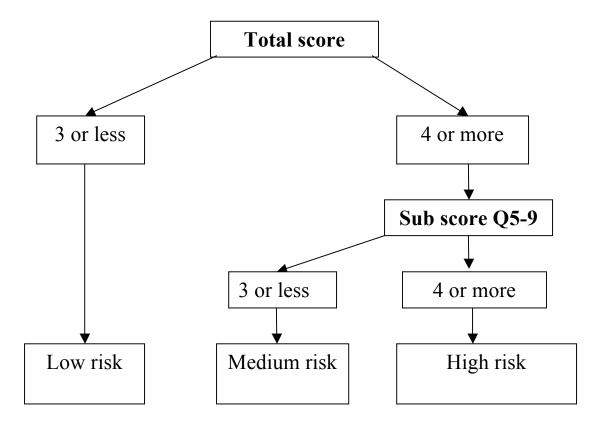
	Patient name:		Date:					
	Thinking about the I	ast 2 weeks tid	ck your response to	the following ques	tions:	Disagree	Agree	
1	My back pain has spread down my leg(s) at some time in the last 2 weeks							
2	I have had pain in the shoulder or neck at some time in the last 2 weeks							
3	I have only walked short distances because of my back pain							
4	In the last 2 weeks, I have dressed more slowly than usual because of back pain							
5	It's not really safe for a person with a condition like mine to be physically active							
6	Worrying thoughts have been going through my mind a lot of the time							
7	I feel that my back pain is terrible and it's never going to get any better							
8	In general I have not enjoyed all the things I used to enjoy							
9.	. Overall, how bothersome has your back pain been in the last 2 weeks ?							
	Not at all	Slightly	Moderately	Very much	Extrem	ely		
	0	0	0	1	1			
	Total score (all 9): Sub Score (O5-9):							







The Start Back Tool Scoring System



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