

## Roland – Morris Low Back Pain and Disability Questionnaire (RMQ)

Name \_\_\_\_\_ Date \_\_\_\_\_

**Please read 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.*

- I stay at home most of the time because of my back.
- I walk more slowly than usual because of my back.
- Because of my back, I am not doing my jobs that I usually do around the house.
- Because of my back, I use a handrail to get upstairs.
- Because of my back, I lie down to rest more often.
- Because of my back, I have to hold on to something to get out of an easy chair.
- Because of my back, I try to get other people to do things for me.
- I get dressed more slowly than usual because of my back.
- I only stand up for short period of time because of my back.
- Because of my back, I try not to bend or kneel down.
- I find it difficult to get out of a chair because of my back.
- My back is painful almost all of the time.
- I find it difficult to turn over in bed because of my back.
- I have trouble putting on my sock (or stockings) because of the pain in my back.
- I sleep less well because of my back.
- I avoid heavy jobs around the house because of my back.
- Because of back pain, I am more irritable and bad tempered with people than usual.
- Because of my back, I go upstairs more slowly than usual.
- I change position frequently to try to get my back comfortable.
- My appetite is not very good because of my back.
- I can only walk short distances because of my back pain.
- Because of my back pain, I get dressed with the help of someone else.
- I sit down for most of the day because of my back.
- I stay in bed most of the time because of my back.

**Office Use Only** Score: \_\_\_\_\_ Improvement: \_\_\_\_\_%