

Name: _____

No: _____

Date questionnaire completed: _____

INSTRUCTIONS: This questionnaire is about the way your work-related injury affects your daily life. We would like to know if you find it difficult to perform any of the activities listed below, **because of your work-related injury**. For each activity there is a scale from 0 to 5. Please choose one response option for each activity (do not skip any activities), and circle the corresponding number.

Today, do you find it difficult to perform the following activities **because of your work-related injury**?

| | NOT DIFFICULT AT ALL | MINIMALLY DIFFICULT | SOMEWHAT DIFFICULT | FAIRLY DIFFICULT | VERY DIFFICULT | UNABLE TO DO |
|--|----------------------|---------------------|--------------------|------------------|----------------|--------------|
| 1. Get out of bed | 0 | 1 | 2 | 3 | 4 | 5 |
| 2. Sleep through the night..... | 0 | 1 | 2 | 3 | 4 | 5 |
| 3. Turn over in bed..... | 0 | 1 | 2 | 3 | 4 | 5 |
| 4. Ride in a car..... | 0 | 1 | 2 | 3 | 4 | 5 |
| 5. Stand up for 20-30 minutes..... | 0 | 1 | 2 | 3 | 4 | 5 |
| 6. Sit in a chair for several hours..... | 0 | 1 | 2 | 3 | 4 | 5 |
| 7. Climb one flight of stairs..... | 0 | 1 | 2 | 3 | 4 | 5 |
| 8. Walk a few blocks (300-400 m)..... | 0 | 1 | 2 | 3 | 4 | 5 |
| 9. Walk several miles..... | 0 | 1 | 2 | 3 | 4 | 5 |
| 10. Reach up to high shelves..... | 0 | 1 | 2 | 3 | 4 | 5 |
| 11. Throw a ball..... | 0 | 1 | 2 | 3 | 4 | 5 |
| 12. Run one block (about 100 m) | 0 | 1 | 2 | 3 | 4 | 5 |
| 13. Take food out of the refrigerator..... | 0 | 1 | 2 | 3 | 4 | 5 |
| 14. Make your bed..... | 0 | 1 | 2 | 3 | 4 | 5 |
| 15. Put on socks (pantyhose)..... | 0 | 1 | 2 | 3 | 4 | 5 |
| 16. Bend over to clean the bathtub..... | 0 | 1 | 2 | 3 | 4 | 5 |
| 17. Move a chair..... | 0 | 1 | 2 | 3 | 4 | 5 |
| 18. Pull or push heavy doors..... | 0 | 1 | 2 | 3 | 4 | 5 |
| 19. Carry 2 bags of groceries..... | 0 | 1 | 2 | 3 | 4 | 5 |
| 20. Lift and carry a heavy suitcase..... | 0 | 1 | 2 | 3 | 4 | 5 |

Score out of 100: _____