



## FUNCTIONAL SURVEY

MARK YOUR CURRENT STATUS IN THESE CATEGORIES

### WALKING TOLERANCE

- No pain with walking
- Can walk as much as I like but with increased pain
- Can walk 1 mile
- Pain walking hills
- Can walk < ¼ mile
- Leg symptoms with walking

### SITTING TOLERANCE

- No pain with sitting
- Can sit as long as like but with increased pain
- Time depends on chair
- Pain with sitting < 15 minutes
- Leg symptoms with sitting

### SLEEP DISTURBANCE

- No disrupted sleep
- No disturbance, but increased pain upon awakening
- Difficulty getting to sleep due to pain
- Sleep disturbed 2-3 hours/night
- Sleep disturbed < 1 hour per night
- Arm/hand numbness with sleeping

### STANDING TOLERANCE

- No pain with standing
- Pain with stand > 1 hour
- Pain with stand < 15 minutes
- Pain with standing at sink/counter
- Pain standing after prolonged sitting

### STAIRS

- No pain with stairs
- Unable to climb more than 1 flight of stairs
- Pain/instability stepping on/off curb
- More pain up stairs
- More pain descending stairs

### LIFTING TOLERANCE

- No pain with lifting
- Can lift but with pain
- Can only lift light weight
- Cannot lift at all
- Squatting: pain with squatting   
noise with squatting

### DRIVING

- No pain with driving
- Can drive as long as I want, but increased pain
- Can drive < 30 minutes
- Pain whenever I drive

### REACHING & BENDING

- No pain with reaching
- Pain reaching overhead
- Pain reaching behind back
- Pain reaching across body
- Pain when bending over
- Pain when twisting and leaning back

### WORK STATUS

Occupation \_\_\_\_\_

Work Duties \_\_\_\_\_

Working: Full time  Part time   
Light Duty  Not working

- No pain with work duties
- Can work as much as I like but with increased pain
- Modifying work due to pain
- Not working due to pain

### OTHER ACTIVITIES

Sport/recreational activities \_\_\_\_\_

Able to do these activities? \_\_\_\_\_

Regular cardio-vascular or walking program? \_\_\_\_\_

How many times a week? \_\_\_\_\_

Gym Program and how many times a week? \_\_\_\_\_

Pain with housework? \_\_\_\_\_

Pain with yardwork? \_\_\_\_\_

raking  shoveling  mowing  weeding  planting

**YOUR GOALS FOR RECOVERY ARE:**