

Back Pain Self-Screening Questionnaire



12 Questions Help Determine If Physical Therapy May Help Treat Your Back Pain

Use this questionnaire to determine if you may benefit from trying physical therapy before more invasive treatments such as steroid injections or surgery.

Yes No

- 1. Are there periods in the day when you have no pain? Even 10 minutes?
- 2. Is the pain confined to areas above the knee?
- 3. Are you generally worse when sitting for prolonged periods or upon rising from the sitting position?
- 4. Are you generally worse during or right after prolonged bending or stooping as in bed-making, vacuuming, ironing, concreting, digging or gardening?
- 5. Are you generally worse when getting up in the morning, but improve after about half an hour?
- 6. Are you generally worse when inactive and better when on the move?

Yes No

- 7. Are you generally better when walking?
- 8. Are you generally better when lying face down? When testing this, you may feel worse for the first few minutes, after which time the pain subsides. In this case, the answer to the question is "yes."
- 9. Have you had several episodes of lower back pain over the past months or years?
- 10. Are you able to move fully in all directions without pain between episodes?
- 11. Are you pain-free between episodes?
- 12. If you have pain in the buttocks or upper/lower leg, does it sometimes stop completely, even though you may still have back pain?

If you answer **YES** to **AT LEAST 4** of the questions, then a physical therapy assessment may be indicated.

A PT assessment will help your physical therapy professional establish a *customized* plan for your unique condition.

Why Try Physical Therapy First For Most Common Types of Back Pain?

Research shows that many common back and neck pain problems resolve with early physical therapy intervention. As a result, many physicians now recommend physical therapy first before prescribing expensive diagnostics, injections, and surgery.

Call (586) 933-5200 or visit PTbyOrthoTeam.com to book your assessment today!

A physician's referral may not be required to book an assessment or start therapy.

What To Expect At Your Initial Assessment

Physical Therapy Back Pain Assessments:

1. Isolate mechanical sources of pain and dysfunction.
2. Prescribe therapeutic movements and exercises targeting the source areas.
3. In conjunction with therapeutic exercises, applying hands-on manual therapy to stimulate soft-tissue healing.

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