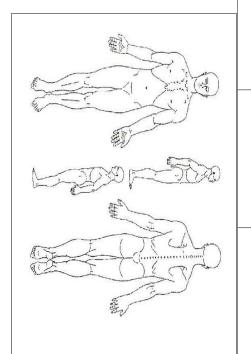
Please answer the following questions for each of your symptoms.

Location:	Location:	Location:	Location:	Location of pain? Pain intensity? Circle one 1 (minimal) to 10 (extreme pain) Date of onset? What
%	%	%	%	What percent of the time does it hurt?
				Is it worse in the morning, after noon or night?
				Is it dull, sharp, throbbing, burning, deep, aching, tingling, stabbing, cramping, numbness, radiating, stiffness
				What makes the pain worse: sitting, standing, walking, bending, stooping, lifting, sleeping, sneezing, coughing, straining, reaching, twisting, looking up, looking down, movement, rest, lying supine, driving, typing, scooping, house chores, exercise, lying prone, stair stepping
				What makes the pain better: sitting, standing, lying, knees bent up, support, no movement, movement, heat, ice, analgesic topical, ibuprofen, medication, rest, stretching/exercise, adjustments

Please place ar	Date:	Name:
Please place an X('s) over your symptom area(s)		
ptom area(s)		



NECK BOURNEMOUTH QUESTIONNAIRE

o interference	eek, on av	verage, how	w would y 3 your neck	you rate yo	our neck pa	6	7 activities	8 (housew		sible 10 ng, dressing, liftin out activity
o pain over the past wording, driving or interference over the past wording or interference or interference or interference or interference	1 eek, how)?	2 much has	3 your neck	4 pain inter	5 fered with	6 your daily		8 (housew	9 ork, washi	10 ng, dressing, liftin
ver the past worlding, driving on interference ver the past worlding of the past worlding	eek, how)? 1 eek, how	much has	your neck	pain inter	fered with	ı your daily		8 (housew	9 ork, washi	10 ng, dressing, liftin
ver the past wording, driving or interference ver the past wording or interference ver the past wording or interference interference	eek, how)? 1 eek, how	much has	your neck	pain inter	fered with	ı your daily		s (housew	ork, washi	ng, dressing, liftin
o interference over the past we tivities? o interference)? 1 eek, how	2	3				activities			
ver the past we tivities?	eek, how			4	5	6		Unab	le to carry	out activity
ver the past we tivities?	eek, how			4	5	6				
tivities?		much has	your neck			U	7	8	9	10
				pain inter	fered with	ı your abili	ty to take	part in rec	creational,	social, and family
0								Unab	le to carry	out activity
	1	2	3	4	5	6	7	8	9	10
ot at all anxiou $\frac{1}{0}$		2	3	Δ	5	6	7			ous
U	1	2	3	7	3	U	,	8	9	10
er the past w	eek, how	depressed	(down-in-	-the-dump	s, sad, in	low spirits.	, pessimist	ic, unhap	py) have y	ou been feeling?
ot at all depres	ssed							Extre	mely depr	essed
0	1	2	3	4	5	6	7	8	9	10
er the past w	eek, how	have you t	felt your w	vork (both	inside and	d outside th	ne home) l	has affecto	ed (or wou	ld affect) your nec
ive made it no) worse							Have	made it m	nuch worse
0	1	2	3	4	5	6	7	8	9	10
ver the past w	eek, how	much have	e you beer	able to c	ontrol (red	luce/help)	your neck	pain on y	our own?	
ompletely con	trol it					- / .		No co	ontrol wha	tsoever
		2	3	4	5	6	7	8	9	10
V	•	-	3	•	J	V	,	Ü	,	- •
	over the past we not at all depression $\frac{1}{0}$ are the past we we made it not $\frac{1}{0}$ are the past we return the past we made it not $\frac{1}{0}$	0 The reference of the past week, how the past week, how the past week, how we made it no worse 0 The reference of the past week, how the	rer the past week, how depressed of at all depressed 0 1 2 The rer the past week, how have you see the past week, how have you see the past week, how much have the past week, how have the past week, how much have the past week, how much have the past week, how much have th	of at all depressed (down-in- tot at all depressed) 0 1 2 3 For the past week, how depressed (down-in- tot at all depressed) 0 1 2 3 For the past week, how have you felt your way. The past week, how much have you been simpletely control it	of at all depressed 0 1 2 3 4 Therefore the past week, how depressed (down-in-the-dump of at all depressed 0 1 2 3 4 Therefore the past week, how have you felt your work (both over made it no worse 0 1 2 3 4 Therefore the past week, how much have you been able to completely control it	of the past week, how depressed (down-in-the-dumps, sad, in the stational and the stational depressed 0 0 0 0 0 0 0 0 0 0	of at all depressed (down-in-the-dumps, sad, in low spirits, at at all depressed 0 1 2 3 4 5 6 0 were the past week, how have you felt your work (both inside and outside the two made it no worse 0 1 2 3 4 5 6 0 were the past week, how much have you been able to control (reduce/help) ampletely control it	of at all depressed (down-in-the-dumps, sad, in low spirits, pessimist at all depressed 0 1 2 3 4 5 6 7 For the past week, how have you felt your work (both inside and outside the home) between the past week, how have you felt your work (both inside and outside the home) between the past week, how much have you been able to control (reduce/help) your neck ampletely control it	of at all depressed (down-in-the-dumps, sad, in low spirits, pessimistic, unhapped at at all depressed $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{3}$ $\frac{1}{4}$ $\frac{1}{5}$ $\frac{1}{6}$ $\frac{1}{7}$ $\frac{1}{8}$ $\frac{1}{9}$ for the past week, how have you felt your work (both inside and outside the home) has affected the past week, how have you felt your work (both inside and outside the home) has affected the past week, how much have you been able to control (reduce/help) your neck pain on your perpletely control it $\frac{1}{9}$ $$	or the past week, how depressed (down-in-the-dumps, sad, in low spirits, pessimistic, unhappy) have yet at all depressed Extremely depressed to a same of the past week, how have you felt your work (both inside and outside the home) has affected (or wound we made it no worse Have made it made

With Permission from: Bolton JE, Humphreys BK: The Bournemouth Questionnaire: A Short-form Comprehensive Outcome Measure. II. Psychometric Properties in Neck Pain Patients *JMPT* 2002; 25 (3): 141-148.

BACK BOURNEMOUTH QUESTIONNAIRE

	Name tions: The follow and mark the ONE							ain and ho	ow it is af	fecting you	. Please answer
108, 6	Over the past w					•					
	No pain	, , , , , , , , , , , , , , , , , , , ,		,	,	1		Worst pain possible			
	0	1	2	3	4	5	6	7	8	9	10
	Over the past w				pain inter	fered with	ı your daily	activities	s (housew	ork, washi	ng, dressing, wa
	No interference							Unable to carry out activity			
	0	1	2	3	4	5	6	7	8	9	10
	Over the past wactivities?	eek, how	much has	your back	pain inter	fered with	ı your abili	ty to take	part in re	ecreational,	social, and fam
	No interference								Unab	le to carry	out activity
			2	3	4	5	6	7	8	9	10
	0	1	2	-							
	0 Over the past w				ght, irritab	le, difficu	lty in conce	entrating/1	relaxing) l	nave you b	een feeling?
		eek, how			ght, irritab	le, difficu	lty in conce	entrating/r		nave you be	_
	Over the past w	eek, how			ght, irritab	le, difficu	Ity in conce	entrating/1		-	_
	Over the past w	eek, how us	anxious (t	ense, uptig	4	5	6	7	Extre 8	emely anxio	10
	Over the past w Not at all anxio	l l l l l l l l l l l l l l l l l l l	anxious (t	ense, uptig	4	5	6	7	Extre 8	emely anxio	ous 10 ou been feeling?
	Over the past w Not at all anxio O Over the past w	l l l l l l l l l l l l l l l l l l l	anxious (t	ense, uptig	4	5	6	7	Extre 8	9 py) have yo	ous 10 ou been feeling?
	Over the past w Not at all anxio Over the past w Not at all depre	eek, how us 1 reek, how ssed 1	anxious (t 2 depressed	anse, uptig	4 -the-dump	5 ss, sad, in l	6 low spirits,	7 pessimist	Extre 8 ic, unhapped Extre 8	py) have your grown depression of the series	ous 10 ou been feeling? essed 10
	Over the past we not at all anxio $\frac{1}{0}$ Over the past we not at all depression $\frac{1}{0}$	eek, how us 1 reek, how ssed 1 reek, how	anxious (t 2 depressed	anse, uptig	4 -the-dump	5 ss, sad, in l	6 low spirits,	7 pessimist	Extre 8 ic, unhapp Extre 8 has affected	py) have your grown depression of the series	ous 10 ou been feeling? essed 10 Id affect) your be
	Over the past we not at all anxio $\overline{0}$ Over the past we not at all depresent $\overline{0}$ Over the past we not at all depresent $\overline{0}$	eek, how us 1 reek, how ssed 1 reek, how	anxious (t 2 depressed	anse, uptig	4 -the-dump	5 ss, sad, in l	6 low spirits,	7 pessimist	Extre 8 ic, unhapp Extre 8 has affected	py) have your grown grow	ous 10 ou been feeling? essed 10 Id affect) your be
	Over the past we Not at all anxio 0 Over the past we Not at all depression 0 Over the past we Have made it not not at all depression 0	reek, how ssed 1 reek, how o worse	anxious (t 2 depressed 2 have you t	and the second of the second o	4 -the-dump 4 vork (both	5 s, sad, in l 5 inside and	6 d outside the	7 pessimist 7 ne home) l	Extre 8 ic, unhapp Extre 8 has affected Have	py) have your grown of the py) have your grown or made it m	ous 10 ou been feeling? essed 10 Id affect) your buch worse
	Over the past we Not at all anxio 0 Over the past we Not at all depression 0 Over the past we Have made it not 0	reek, how us 1 reek, how ssed 1 reek, how o worse 1 reek, how	anxious (t 2 depressed 2 have you t	and the second of the second o	4 -the-dump 4 vork (both	5 s, sad, in l 5 inside and	6 d outside the	7 pessimist 7 ne home) l	Extre 8 ic, unhapper Extre 8 has affected Have 8 pain on y	py) have your grown of the py) have your grown or made it m	ous 10 ou been feeling? essed 10 Id affect) your buch worse 10

With Permission from: Bolton JE, Breen AC: The Bournemouth Questionnaire: A Short -form Comprehensive Outcome Measure. I. Psychometric Properties in Back Pain Patients. *JMPT* 1999; 22 (9): 503-510.