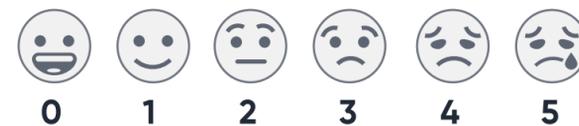


For each section below, please mark the box with a check  next to the number that most closely describes your current condition



### Pain intensity

- 0 - I have no pain at the moment.
- 1 - The pain is very mild at the moment.
- 2 - The pain is moderate at the moment.
- 3 - The pain is fairly severe at the moment.
- 4 - The pain is very severe at the moment.
- 5 - The pain is the worst imaginable at the moment.

### Personal Care (Washing, dressing, etc.)

- 0 - I can look after myself normally without causing extra pain.
- 1 - I can look after myself normally, but it causes extra pain.
- 2 - It is painful to look after myself and I am slow and careful.
- 3 - I need some help but manage most of my personal care.
- 4 - I need help every day in most aspects of self-care.
- 5 - I don't get dressed, I was with difficulty and stay in bed.

### Lifting

- 0 - I can lift heavy weights without extra pain.
- 1 - I can lift heavy weights, but it gives extra pain.
- 2 - Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, e.g. on a table.
- 3 - Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.
- 4 - I can lift only very light weights.
- 5 - I cannot lift or carry anything at all.

### Walking

- 0 - Pain does not prevent me walking any distance.
- 1 - Pain prevents me walking more than one mile.
- 2 - Pain prevents me walking more than a quarter of a mile.
- 3 - Pain prevents me walking more than 100 yards.
- 4 - I can only walk using a stick or crutches.
- 5 - I am in bed most of the time and have to crawl to the toilet.

### Sitting

- 0 - I can sit in any chair as long as I like.
- 1 - I can only sit in my favorite chair as long as I like.
- 2 - Pain prevents me from sitting more than 1 hour.
- 3 - Pain prevents me from sitting more than half an hour.
- 4 - Pain prevents me from sitting more than 10 minutes.
- 5 - Pain prevents me from sitting at all.

### Standing

- 0 - I can stand as long as I want without extra pain.
- 1 - I can stand as long as I want but it gives me extra pain.
- 2 - Pain prevents me from standing for more than 1 hour.
- 3 - Pain prevents me from standing for more than half an hour.
- 4 - Pain prevents me from standing for more than 10 minutes.
- 5 - Pain prevents me from standing at all.

### Sleeping

- 0 - My sleep is never disturbed by pain.
- 1 - My sleep is occasionally disturbed by pain.
- 2 - Because of pain I have less than 6 hours sleep.
- 3 - Because of pain I have less than 4 hours sleep.
- 4 - Because of pain I have less than 2 hours sleep.
- 5 - Pain prevents me from sleeping at all.

**Sex Life** (If applicable)

- 0** - My sex life is normal and causes no extra pain.
- 1** - My sex life is normal but causes some extra pain.
- 2** - My sex life is nearly normal but is very painful.
- 3** - My sex life is severely restricted by pain.
- 4** - My sex life is nearly absent because of pain.
- 5** - Pain prevents any sex life at all.

**Social life**

- 0** - My social life is normal and causes no extra pain.
- 1** - My social life is normal but increases the degree of pain.
- 2** - Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g. sport, etc.
- 3** - Pain has restricted my social life and I do not go out as often.
- 4** - Pain has restricted my social life to my home.
- 5** - I have no social life because of pain.

**Traveling**

- 0** - I can travel anywhere without extra pain.
- 1** - I can travel anywhere but it gives me extra pain.
- 2** - Pain is bad, but I manage journeys over two hours.
- 3** - Pain restricts me to journeys of less than one hour.
- 4** - Pain restricts me to short necessary journeys under 30 minutes.
- 5** - Pain prevents me from traveling except to receive treatment.

## Calculate score to be entered into CohereNext

Add totals on bottom of each page to get overall total to use in calculation below

Page one total

Page two total

+  Page three total

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Overall total

Use overall total in formula below to calculate % disability to be entered into CohereNext

$$\text{Overall total} \div 50 \times 100 = \text{For CohereNext} \%$$

### Example

Here's an example calculation on how to use the formula above

Page one total  
 Page two total  
 +  Page three total  


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 Overall total

$$\text{41} \div \text{50} \times \text{100} = \text{82\%}$$

This is the final % disability number to be entered into CohereNext