

ROLAND-MORRIS QUESTIONNAIRE (RMQ)
Low Back Pain

PATIENT: John Anderson

DATE: 3/9/2011

EXPLANATION

The Roland-Morris Questionnaire (RMQ) is a self-administered disability measure in which greater levels of disability are reflected by higher numbers on a 24-point scale. The RMQ has been shown to yield reliable measurements, which are valid for inferring the level of disability, and to be sensitive to change over time for groups of patients with low back pain. [Stratford PW, Binkley J, Solomon P, et al. Defining the minimum level of detectable change for the Roland-Morris Questionnaire. Phys Ther. 1 996; 76:359-365.]

INSTRUCTIONS

The patient is instructed to put a check mark next to each appropriate statement below. The total number of statements is then added. Clinical improvements over time are graded based on the analysis of serial questionnaire scores. For example, if at the beginning of treatment a patient's score was 12, and at the end his score was 2 (10 points improvement), there would be an 83% improvement (10/12 x 100%).

- I stay at home most of the time because of my back.
- I change position frequently to try to get my back comfortable.
- I walk more slowly than usual because of my back.
- Because of my back, I am not doing any jobs that I usually do around the house.
- Because of my back, I use a handrail to get upstairs.
- Because of my back, I lie down to rest more often.
- Because of my back, I have to hold on to something to get out of an easy chair.
- Because of my back, I try to get other people to do things for me.
- I get dressed more slowly than usual because of my back.
- I only stand up for short periods of time because of my back.
- Because of my back, I try not to bend or kneel down.
- I find it difficult to get out of a chair because of my back.
- My back is painful almost all of the time.
- I find it difficult to turn over in bed because of my back.
- My appetite is not very good because of my back.
- I have trouble putting on my sock or stockings) because of the pain in my back.
- I can only walk short distances because of my back pain.
- I sleep less well because of my back.
- Because of my back pain, I get dressed with the help of someone else.
- I sit down for most of the day because of my back.
- I avoid heavy jobs around the house because of my back.
- Because of back pain, I am more irritable and bad tempered with people than usual.
- Because of my back, I go upstairs more slowly than usual.
- I stay in bed most of the time because of my back.

SCORE: 14.00

OVERALL IMPROVEMENT: N/A

IMPROVEMENT PREVIOUS ASSESSMENT: N/A

If you have any questions related to the validity of this test or the patient's responses to the above statements, please contact my office at your earliest convenience.

Sincerely,

Dr. Damon Z Cozamanis