

## Low Back Injuries Program of Care (LB POC)

The Low Back Injuries Program of Care (LB POC) includes the collection of complete, consistent and accurate information. You will note that much of the requested information is standard demographic and clinical information commonly recorded for people with an acute low back injury.

**\* Note: Erratum**  
*Spine*, 2001,  
April 1; 26(7): 847.  
In Appendix 1,  
item 18 should  
read "I sleep less  
well because of  
my back."

Included is a Numeric Pain Rating Scale and the Roland-Morris Disability Questionnaire (RMDQ) (Roland & Fairbank, 2000)\*. Please have your patients complete these and record the results on the **Initial Assessment Report** and again on the **Care and Outcomes Summary**. Report the pain score out of 10 and report the RMDQ as a total score out of 24. **Please do not send copies of the actual scales to the WSIB, simply retain them for your records.**

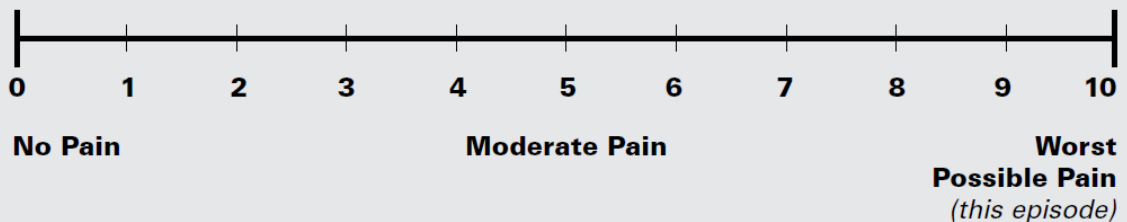
You can use these as your originals and copy as needed (permission from the authors to use or reproduce the instrument is not required). References are also included for your review.

### References

Roland M., & Fairbank J. (2000). The Roland-Morris Disability Questionnaire and the Oswestry Disability Questionnaire. *Spine*, 25(24), 3115-3124.

### Numeric Pain Rating Scale

Indicate your level of pain by choosing the appropriate number on the scale below.



### **The Roland-Morris Disability Questionnaire**

When your back hurts, you may find it difficult to do some of the things you normally do. This list contains some sentences that people have used to describe themselves when they have back pain. When you read them, you may find that some stand out because they describe you **today**. As you read the following list, think of yourself **today**. When you read a sentence that describes you today, put a tick against it. If the sentence does not describe you then leave the space blank and go on to the next one. Remember, only tick the sentence if you are sure that it describes you today.

- 1. I stay at home most of the time because of my back.
- 2. I change position frequently to try and get my back comfortable.
- 3. I walk more slowly than usual because of my back.
- 4. Because of my back, I am not doing any of the jobs that I usually do around the house.
- 5. Because of my back, I use a handrail to get upstairs.
- 6. Because of my back, I lie down to rest more often.
- 7. Because of my back, I have to hold on to something to get out of an easy chair.
- 8. Because of my back, I try to get other people to do things for me.
- 9. I get dressed more slowly than usual because of my back.
- 10. I only stand for short periods of time because of my back.
- 11. Because of my back, I try not to bend or kneel down.
- 12. I find it difficult to get out of a chair because of my back.
- 13. My back is painful almost all the time.
- 14. I find it difficult to turn over in bed because of my back.
- 15. My appetite is not very good because of my back pain.
- 16. I have trouble putting on my socks (or stockings) because of the pain in my back.
- 17. I only walk short distances because of my back.
- 18. I sleep less well because of my back.
- 19. Because of my back pain, I get dressed with help from someone else.
- 20. I sit down for most of the day because of my back.
- 21. I avoid heavy jobs around the house because of my back.
- 22. Because of my back pain, I am more irritable and bad tempered with people than usual.
- 23. Because of my back, I go upstairs more slowly than usual.
- 24. I stay in bed most of the time because of my back.

**Total = \_\_\_\_\_**

*The score is the total number of items checked and will range from 0 to 24.*