

# Duke

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## SPINAL CENTERS

Check the appropriate space for the activities in which you have PAIN or DIFFICULTY performing.

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### CONFIDENTIAL INFORMATION

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|                                      | ALWAYS | SOMETIMES | NEVER |
|--------------------------------------|--------|-----------|-------|
| 1. Dressing the upper body           | _____  | _____     | _____ |
| 2. Dressing the lower body           | _____  | _____     | _____ |
| 3. Grooming                          | _____  | _____     | _____ |
| 4. Going to the bathroom             | _____  | _____     | _____ |
| 5. Meal preparation/cleanup          | _____  | _____     | _____ |
| 6. Dusting, sweeping, cleaning       | _____  | _____     | _____ |
| 7. Vacuuming                         | _____  | _____     | _____ |
| 8. Doing laundry                     | _____  | _____     | _____ |
| 9. Needlework, knitting, hand sewing | _____  | _____     | _____ |
| 10. Driving/riding in car            | _____  | _____     | _____ |
| 11. Getting in/out of car            | _____  | _____     | _____ |
| 12. Climbing stairs                  | _____  | _____     | _____ |
| 13. Sitting                          | _____  | _____     | _____ |
| 14. Walking                          | _____  | _____     | _____ |
| 15. Running                          | _____  | _____     | _____ |
| 16. Recreational Activities          | _____  | _____     | _____ |
| 17. Work Habits                      | _____  | _____     | _____ |
| 18. Yard Work                        | _____  | _____     | _____ |
| 19. Typing/computer work             | _____  | _____     | _____ |
| 20. Reading                          | _____  | _____     | _____ |
| 21. Sexual intercourse               | _____  | _____     | _____ |
| 22. Carrying groceries               | _____  | _____     | _____ |
| 23. Sleeping                         | _____  | _____     | _____ |
| 24. Ironing                          | _____  | _____     | _____ |
| 25. Taking care of baby/child        | _____  | _____     | _____ |