

StoneRidge Chiropractic

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FUNCTIONAL RATING INDEX

NAME: _____ DATE: _____

In order to properly assess your condition, we must understand how much your neck and/or back problems have affected your ability to manage everyday activities. For each item below, please circle the number which most closely describes your condition right now.

1. Pain Intensity

0	1	2	3	4
No Pain	Mild pain	Moderate pain	Severe pain	Worst possible pain

2. Sleeping

0	1	2	3	4
Perfect sleep	Mild disturbed sleep	Moderate disturbed sleep	Greatly disturbed sleep	Totally disturbed sleep

3. Personal Care (washing, dressing, etc.)

0	1	2	3	4
No pain; no restrictions	Mild pain; no restrictions	Moderate pain; need to go slowly	Moderate pain; some assistance	Severe pain; 100% assistance

4. Travel (driving, etc.)

0	1	2	3	4
No pain on long trips	Mild pain on long trips	Moderate pain on long trips	Moderate pain on short trips	Severe pain on short trips

5. Work

0	1	2	3	4
Usual work and extra work	Usual work, but no extra work	50% of usual work	25% of usual work	Can not work

6. Recreation

0	1	2	3	4
Can do all activities	Can do most activities	Can do some activities	Can do a few activities	Can not do any activities

7. Frequency of Pain

0	1	2	3	4
No pain	Occasional pain; 25% of the day	Intermittent pain; 50% of the day	Frequent pain; 75% of the day	Constant pain; 100% of the day

8. Lifting

0	1	2	3	4
No pain with heavy weight	Increased pain; w/ heavy weight	Increased pain; w/ moderate weight	Increased pain; w/ light weight	Increased pain; w/ any weight

9. Walking

0	1	2	3	4
No pain any distance	Increased pain; after 1 mile	Increased pain; after 1/2 mile	Increased pain; after 1/4 mile	Increased pain; with all walking

10. Standing

0	1	2	3	4
No pain after several hours	Increased pain; after several hours	Increased pain; after 1 hour	Increased pain; after 1/2 hour	Increased pain; with any standing