

Symptoms Aggravating – Easing Questionnaire for the Shoulder Girdle and Cervical Spine Regions

Instructions:

Below are a number of activities that may aggravate or ease your back pain. Place a check (✓) under the most appropriate response. Only place a check under 'increase' or 'decrease' if this is a consistent response. Use 'not sure' if the activity is not consistent in how it affects your pain. Answer each activity as best you can.

Activity / Task	Increase ✓	Decrease ✓	Not sure ✓	No change ✓	Haven't done ✓	Comments
Sitting						
Sitting at computer						
Using mouse with computer						
Standing						
Walking						
Driving						
Turning head						
Looking up						
Looking down						
Reading						
Talking on phone						
Yawning						
Coughing / sneezing						
Sweeping / mopping / vacuuming						

Reaching behind back						
Reaching across body						
Reaching behind head						
Reaching forward						
Reaching above head						
Reaching out to side						
Reaching down to shelf / floor						
Pushing / pulling						
Lifting						
Carrying						
Holding arm stationary while raised						
Repetitive use of arm						
Lying on back						
Lying on side						
Throwing						
Personal care						
Housework						

