

Symptoms Aggravating – Easing Questionnaire for the Forearm & Hand

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
Computer work – data entry						
Computer work – mouse use						
Opening doors						
Using fork / knife / spoon						
Gripping to open a jar						
Gripping to use tools						
Gripping for a prolonged period						
Gripping to put on clothes						
Washing walls / floors						
Repetitive movements						
Writing						
Using keys						
Carrying						
Driving						

Make a fist						
Pushing / pulling						
Mopping / sweeping / vacuuming						
Holding a cup						
Knitting / crochet						
Self care						
Housework						