

## Symptoms Aggravating – Easing Questionnaire for the Lower Extremity

### 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
Walking						
Standing						
Running						
Up stairs						
Down stairs						
Squatting						
Kneeling						
Twisting						
Sitting						
Sitting legs crossed						
Sitting or lying with knees straight						
Getting in or out of car						
Getting in or out of the shower						
Bending forward						

Driving						
Putting on pants						
Standing from sitting						
Lying on side						
Lying on tummy						
Lying on back						
Rolling in bed						
Going up on tip toes						
Wearing no shoes						
Wearing heels						
Changing direction						
Repetitive movements						
Balancing						
Self care						
Housework						