

## Symptoms Aggravating – Easing Questionnaire for the Lumbo-Pelvic Region

### 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 with legs crossed						
Bending from sitting						
Bending from standing						
Driving						
Lifting on the way down						
Lifting on the way up						
Leaning forward						
Going to toilet						
Squatting						
Pushing / pulling						
Mopping / vacuuming / sweeping						
Walking						
Standing						

Running						
Standing from sitting						
Reaching above head						
Reaching forward						
Carrying						
Leaning backwards						
Lying on tummy						
Lying on back						
Lying on side						
Rolling in bed						
Twisting						
Getting in or out of car						
Stairs						
Putting on pants						
Stepping out of bath tub						
Self care						
Housework						

