

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### The Lumbar Functional Status 10-Item Short Form

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The following assessment will ask you about difficulties you may have with certain activities. It is an important part of your evaluation. It will help us:

- understand how your condition is affecting your activities, and
- develop treatment goals with you.

Please answer the questions with respect to the problem for which we are seeing you. Respond based on how you have been over the past few days.

Activities	Unable to perform activity	Extreme Difficulty	Quite a Bit of Difficulty	Moderate Difficulty	A little Bit of Difficulty	No Difficulty
Any of your usual work, housework, or school activities	1	2	3	4	5	6
Your usual hobbies, recreational, or sporting activities	1	2	3	4	5	6
Performing heavy activities around your home	1	2	3	4	5	6
Bending or stooping	1	2	3	4	5	6
Lifting a box of groceries from the floor	1	2	3	4	5	6
	Yes, limited a lot	Yes, limited a little	No, not limited at all			
Vigorous activities, such as running, lifting heavy objects, participating in strenuous sports	1	2	3			
Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling or playing golf	1	2	3			
Lifting or carrying groceries	1	2	3			
Attending social or cultural events	1	2	3			
Getting in and out of your chair	1	2	3			

Total Score: \_\_\_\_\_

FS Score: \_\_\_\_\_

## The Patient Health Questionnaire (PHQ-9)

Patient Name \_\_\_\_\_ Date of Visit \_\_\_\_\_

Over the past 2 weeks, how often have you been bothered by any of the following problems?	Not At all	Several Days	More Than Half the Days	Nearly Every Day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed or hopeless	0	1	2	3
3. Trouble falling asleep, staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself - or that you're a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or, the opposite - being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

**Column Totals** \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_

**Add Totals Together** \_\_\_\_\_

10. If you checked off any problems, how difficult have those problems made it for you to  
 Do your work, take care of things at home, or get along with other people?

Not difficult at all     Somewhat difficult     Very difficult     Extremely difficult