

The STarT Back Musculoskeletal Screening Tool

Thinking about the last 2 weeks tick your response to the following questions: Disagree Agree		Patient name: Date:						
2 In addition to my main pain, I have had pain elsewhere in the last 2 weeks		Thinking about th	e last 2 weeks tic	k your response to	the following ques	itions:		Agree
In the last 2 weeks, I have only walked short distances because of my pain In the last 2 weeks, I have dressed more slowly than usual because of my pain It's really not safe for a person with a condition like mine to be physically active Worrying thoughts have been going through my mind a lot of the time in the last 2 weeks I feel that my pain is terrible and that it's never going to get any better In general in the last 2 weeks, I have not enjoyed all the things I used to enjoy 9. Overall, how bothersome has your pain been in the last 2 weeks? Not at all Slightly Moderately Very much Extremely	1	1 My pain has spread at some time in the past 2 weeks						
4 In the last 2 weeks, I have dressed more slowly than usual because of my pain	2	In addition to my main pain, I have had pain elsewhere in the last 2 weeks						
5 It's really not safe for a person with a condition like mine to be physically active 6 Worrying thoughts have been going through my mind a lot of the time in the last 2 weeks 7 I feel that my pain is terrible and that it's never going to get any better 8 In general in the last 2 weeks, I have not enjoyed all the things I used to enjoy 9. Overall, how bothersome has your pain been in the last 2 weeks? Not at all Slightly Moderately Very much Extremely	3	In the last 2 weeks, I have only walked short distances because of my pain						
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Not at all Slightly Moderately Very much Extremely	8	In general in the last 2 weeks, I have not enjoyed all the things I used to enjoy						
	9.							