LOWER BACK	
Location	□ Left □ Right □ Both □ Center
Pain Ratings	□ 0 □1 □2 □3 □4 □5 □6 □7 □8 □9 □10 (Excruciating)
Frequency	☐ Infrequent < 25% ☐ Occasional 25% to 50%
	☐ Frequent 50% to 75% ☐ Constant > 75%
Pain / Severity	□ No Pain □ Pain □ Numbness □ Tingling / □ Mild □ Moderate □ Severe
Associated with	 □ Numbness □ Tingling □ Increased sensitivity □ Tightness □ Decreased ROM
Radiates to	□ Right Upper back □ Left Upper back □ Right Buttock □ Left Buttock □ Both Buttocks □ Right Hip □ Left Hip □ Right Thigh □ Right Calf □ Left Calf □ Right Foot □ Right Toes □ Left Toes
Described as	□ Aching □ Dull □ Sharp □ Stabbing □ Throbbing
At its worst	☐ Morning ☐ Afternoon ☐ Evening ☐ Night After Activities: ☐ Light ☐ Moderate
What makes it better?	☐ Medication ☐ Lying Down ☐ Standing ☐ Sitting
	□ Stretching □ Range of Motion □ Nothing
What makes it worse?	☐ Upper body movement ☐ Lifting ☐ Working ☐ Sneezing ☐ Housework
	☐ Coughing ☐ Bending Prolonged: ☐ Sitting ☐ Standing ☐ Walking