

F9: Chiropractic Neck or Back Functional Rating

**Functional Rating Index
For use with Neck and/or Back Problems only**

Patient Name: _____

Date: _____

Patient Signature: _____

1	Pain intensity	No Pain	Mild pain	Moderate pain	Severe pain	Worst possible pain
		0	1	2	3	4
2	Sleeping	Perfect Sleep	Mildly disturbed sleep	Moderately disturbed sleep	Greatly disturbed sleep	Totally disturbed sleep
		0	1	2	3	4
3	Personal Care (Washing, dressing, etc.)	No Pain; no restrictions	Mild Pain; no restrictions	Moderate pain; need to go slowly	Moderate pain; need some assistance	Severe pain need 100% assistance
		0	1	2	3	4
4	Travel (Driving, etc.)	No pain on long trips	Mild pain on long trips	Moderate pain on long trips	Moderate pain on short trips	Severe pain on short trips
		0	1	2	3	4
5	Work	Can do usual work plus unlimited extra work	Can do usual work; no extra work	Can do 50% of usual work	Can do 25% of usual work	Can not work
		0	1	2	3	4
6	Recreation	Can do all activities	Can do most activities	Can do some activities	Can do a few activities	Can not do any activities
		0	1	2	3	4
7	Frequency of Pain	No Pain	Occasional pain; 25% of the day	Intermittent pain; 50% of day	Frequent pain; 75% of the day	Constant pain 100% of the day
		0	1	2	3	4
8	Lifting	No pain with heavy weight	Increased pain with heavy weight	Increased pain with moderate weight	Increased pain with light weight	Increased pain with any weight
		0	1	2	3	4
9	Walking	No pain any distance	Increased pain after 1 mile	Increased pain after 1/2 mile	Increased pain after 1/4 mile	Increased pain with all walking
		0	1	2	3	4
10	Standing	No pain after several hours	Increased pain after several hours	Increased pain after 1 hour	Increased pain after 1/2 hour	Increased pain with any standing
		0	1	2	3	4