Öı	rebro Muscu	loskeleta	l Screen	ing (Questionna	aire (Ö	MSQ)	
NAME:							Date	2:
Date of Birth:	Date of	Injury:_		_ Da	te Stoppe	d Worl	c or R	outine:
☐ Male ☐ Fema	le Pr	oblem aı	nd Area	·				
For your pain o	or problem,	answer	each qu	estio	n in a wa	y that	is sui	table for you.
1. Where do you hav	e your pain o	or proble	em? Use	a tic	k (✓) for	each si	te.	[2 x Count]
□ neck / back	□ arm	□ leg	g 🗆	both	sides	□ se	veral	body areas
2. How many days of	f work or da	ily routii	ne have	you 1	missed be	cause o	of this	? Check (✓) one.
□ 0 days [1] □ 1	1-2 days [2]	□ 3-7	days [.	3]	□ 8-14	days [4	4] [☐ 15-28 days [5]
□ 1 month [6] □ 2	2 months [7]	□ 3-6	months	s [8]	□ 6-12 i	months	s [9] [over 1 year [10]
3. When did your cur	rrent nain or	nroblem	start? (^T hecl	z (✔) one			
•	-	-			` '		41 Г	☐ 15-28 days [5]
\square 1 month [6] \square 2	•		• -	_		• -	_	•
	2 montais [7]		months	, [0]	— 0 12 1	Homms	[2] -	
4. Rate how much of	a burden it i	is to perf	form all	the t	hings you	need t	o do i	n a normal day.
0 1 Not at all	2 3	4	5	6	7	8	9	10 Extremely
5. For the last 2-3 da	ys, rate on a	verage h	ow both	ersoi	me your p	ain or	proble	em is.
0 1 No pain or/problem	2 3	4	5	6	7	8	9	10 Worst possible
6. Over the last 2-3 n	nonths, rate	on avera	ge how	both	ersome yo	our paiı	n or pi	roblem is.
0 1	2 3	4	5	6	7	8	9	10
No pain or problem								Worst possible
7. For the last 2-3 da	ys, for what	percenta	ige of th	e day	do you r	otice y	our p	ain or problem?
0 10 Never	20 30	40	50	60	70	80	90	100 All the time
We also ne	ed a bit mo	re info	rmatio	n on	your th	ought	s and	d feelings.
8. During the past	2-3 days, rat	te how y	ou cope	or d	eal with y	our pa	in or p	problem. [10-x]
0 1 Not at all	2 3	4	5	6	7	8	9	10 Extremely well
9. During the past	2-3 days, rat	te how to	ense or a	anxio	us you ha	ve felt	•	
0 1 Not at all	2 3	4	5	6	7	8	9	10 Extremely
10. During the pas	st 2-3 days, r	ate how	"depres	sed"	or "down	" you l	nave f	elt.
0 1 Not at all	2 3	4	5	6	7	8	9	10 Extremely

ļ						=		•		elings.
11. What	do you	u think	is the ri	sk that	your cui	rent pai	in or pr	oblem v	vill <u>no</u>	ot improve.
0 No risk	1	2	3	4	5	6	7	8	9	10 Very large risk
12. What	s's the	chance	you'll b	e work	ing or do	oing you	ır norm	nal routi	ne in	6 months? [10-x]
0 No chance	1 e	2	3	4	5	6	7	8	9 V	10 Tery large chance
13. Think	of yo	ur life;	rate hov	w satisfi	ied you	are with	your c	urrent s	ituatio	on. [10-x]
0 Not at all	1	2	3	4	5	6	7	8	9	10 Completely
		Н	ow true	e are tl	he next	three	staten	nents?	•	
14. Physi	ical act	ivity m	akes m	y pain o	r proble	m wors	e.			
0 Not at all	1	2	3	4	5	6	7	8	9	10 Completely
15. If my	pain o	r probl	em incr	eases, I	should	stop wh	at I am	doing.		
0 Not at all	1	2	3	4	5	6	7	8	9	10 Completely
16. I sho	uld not	do my	normal	daily re	outine o	r work v	with my	presen	t pain	or problem.
0	1	2	3	4	5	6	7	8	9	10
Not at all										Completely
	_				tand yo as lifting 5		_	_		
7. I can do 0 Not at all	light v	work fo	r an hou 3	ur such	as lifting 5	g, carryi 6	ng or n	noving (object 9	ities. [10-x] s <5kg or 10lb.
7. I can do 0 Not at all	light v	work fo	r an hou 3	ur such	as lifting 5	g, carryi 6	ng or n	noving (object 9	ities. [10-x] s <5kg or 10lb. 10 Completely normal
7. I can do 0 Not at all 8. I can wa 0 Not at all	light v 1 alk for 1	work fo 2 an hour 2	an hou 3 or part 3	ar such 4 icipate 4	as lifting 5 in my no 5	g, carryi 6 ormal <u>li</u> 6	ng or n 7 ght reco	8 reationa	object 9 Il or sp 9	ities. [10-x] s <5kg or 10lb. 10 Completely normal porting activities. 10
7. I can do 0 Not at all 8. I can wa 0 Not at all	light v 1 alk for 1	work fo 2 an hour 2	an hou 3 or part 3	ar such 4 icipate 4	as lifting 5 in my no 5	g, carryi 6 ormal <u>li</u> 6	ng or n 7 ght reco	8 reationa	object 9 Il or sp 9	ities. [10-x] s <5kg or 10lb. 10 Completely normal corting activities. 10 Completely normal
7. I can do 0 Not at all 8. I can wa 0 Not at all 9. I do my 0 Not at all	light value for 1 norma	work for 2 an hour 2 l home 2	an hou 3 or part 3 activiti	icipate 4 es and c	as lifting 5 in my no 5 chores (s	g, carryi 6 ormal <u>li</u> 6 steps, ch	ng or n 7 ght reco	reationa 8 eaning,	object 9 al or sp 9 famil	ities. [10-x] s <5kg or 10lb. 10 Completely normal corting activities. 10 Completely normal y, duties).
7. I can do 0 Not at all 8. I can wa 0 Not at all 9. I do my 0 Not at all	light value for 1 norma	work for 2 an hour 2 l home 2	an hou 3 or part 3 activiti	icipate 4 es and c	as lifting 5 in my no 5 chores (s	g, carryi 6 ormal <u>li</u> 6 steps, ch	ng or n 7 ght reco	reationa 8 eaning,	object 9 al or sp 9 famil	ities. [10-x] s <5kg or 10lb. 10 Completely normal corting activities. 10 Completely normal y, duties). 10 Completely normal
7. I can do O Not at all 8. I can wa Not at all 9. I do my O Not at all 0. I do my O Not at all	light value for 1 norma 1	an hour 2 al home 2 al daily 2	activiti 3 routine 3	ar such 4 icipate 4 es and c 4 and soc 4	as lifting 5 in my no 5 chores (s 5	g, carryi 6 ormal <u>li</u> 6 steps, ch 6	ng or n 7 ght reconnairs, cl 7	reationa 8 eaning, 8	object 9 Il or sp 9 famil 9 oort, se	ities. [10-x] s <5kg or 10lb. 10 Completely normal corting activities. 10 Completely normal y, duties). 10 Completely normal ee friends).
7. I can do 0 Not at all 8. I can wa 0 Not at all 9. I do my 0 Not at all 0. I do my 0	light value for 1 norma 1	an hour 2 al home 2 al daily 2	activiti 3 routine 3	ar such 4 icipate 4 es and c 4 and soc 4	as lifting 5 in my no 5 chores (s 5	g, carryi 6 ormal <u>li</u> 6 steps, ch 6	ng or n 7 ght reconnairs, cl 7	reationa 8 eaning, 8	object 9 Il or sp 9 famil 9 oort, se	ities. [10-x] s <5kg or 10lb. 10 Completely normal corting activities. 10 Completely normal y, duties). 10 Completely normal ee friends).
7. I can do O Not at all 8. I can wa Not at all 9. I do my O Not at all 1. I can slee O Not at all	norma norma norma norma norma 1	an hour 2 al home 2 al daily 2 aight an	r an hou 3 r or part 3 activiti 3 routine 3 d move	es and of the normal 4	as lifting 5 in my no 5 chores (s 5 chal activ 5	g, carryi 6 cormal <u>li</u> 6 steps, ch 6 vities (sh 6	eng or n 7 ght record r nairs, cl 7 nopping 7	reationa 8 eaning, 8 g, transp 8	object 9 Il or sp 9 famil 9 oort, se 9	ities. [10-x] s <5kg or 10lb. 10 Completely normal corting activities. 10 Completely normal y, duties). 10 Completely normal ee friends). 10 Completely normal

TOTAL=_