

The Generic Condition Screening Tool

Patient name: _____ Date: _____

Thinking about the **last 2 weeks** tick your response to the following questions:

	Disagree 0	Agree 1
1 It's really not safe for a person with a condition like mine to be physically active	<input type="checkbox"/>	<input type="checkbox"/>
2 Worrying thoughts have been going through my mind a lot of the time in the last 2 weeks	<input type="checkbox"/>	<input type="checkbox"/>
3 I feel that my problem is terrible and that it's never going to get any better	<input type="checkbox"/>	<input type="checkbox"/>
4 In general in the last 2 weeks, I have not enjoyed all the things I used to enjoy	<input type="checkbox"/>	<input type="checkbox"/>

5. Overall, how **bothersome** has your condition been in the last 2 weeks?

Not at all

0

Slightly

0

Moderately

0

Very much

1

Extremely

1

Score _____

The Keele STarT Back Screening Tool

Patient name: _____ Date: _____

Thinking about the **last 2 weeks** tick your response to the following questions:

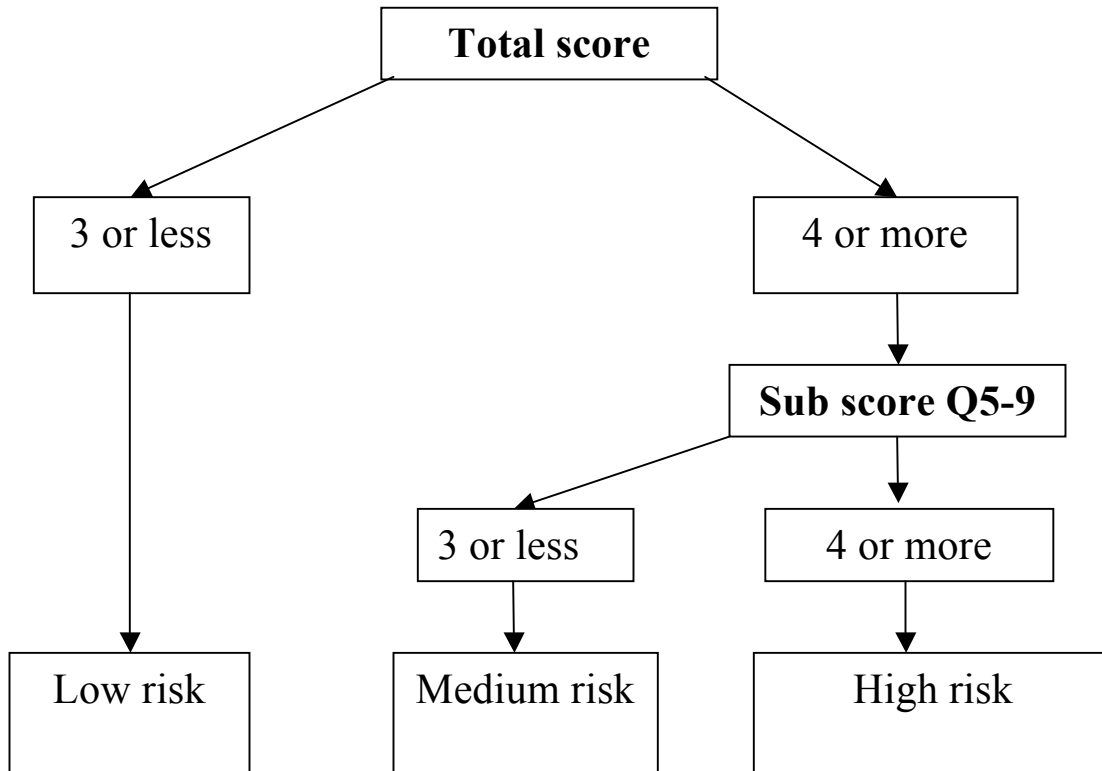
	Disagree 0	Agree 1
1 My back pain has spread down my leg(s) at some time in the last 2 weeks	<input type="checkbox"/>	<input type="checkbox"/>
2 I have had pain in the shoulder or neck at some time in the last 2 weeks	<input type="checkbox"/>	<input type="checkbox"/>
3 I have only walked short distances because of my back pain	<input type="checkbox"/>	<input type="checkbox"/>
4 In the last 2 weeks, I have dressed more slowly than usual because of back pain	<input type="checkbox"/>	<input type="checkbox"/>
5 It's not really safe for a person with a condition like mine to be physically active	<input type="checkbox"/>	<input type="checkbox"/>
6 Worrying thoughts have been going through my mind a lot of the time	<input type="checkbox"/>	<input type="checkbox"/>
7 I feel that my back pain is terrible and it's never going to get any better	<input type="checkbox"/>	<input type="checkbox"/>
8 In general I have not enjoyed all the things I used to enjoy	<input type="checkbox"/>	<input type="checkbox"/>

9. Overall, how **bothersome** has your back pain been in the **last 2 weeks**?

Not at all	Slightly	Moderately	Very much	Extremely
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
0	0	0	1	1

Total score (all 9): _____ **Sub Score (Q5-9):** _____

The STarT Back Tool Scoring System



Chronic Pain and Exercise

Chronic pain is a malfunctioning alarm system. The more you push through high pain (trying to do all of the things you used to do before you had pain), the more sensitive the alarm gets, and the less activity it takes to cause pain. This is a vicious circle that makes you less and less able to do the things that are important to you. Getting better is about retraining your pain system.

Increasing your activity levels in the right way can:

- teach your pain system to interpret activity as safe (lower your pain)
- improve mood
- improve sleep
- increase your ability to do the things that are important to you

Step One:

Think about activity that you would enjoy and look forward to doing. Make plans to join a gym, get trained, find friends to start the activity with you, or whatever helps you to be motivated.

Step Two:

Think about how to start that activity at a low level. Start with a level of activity that you can do even on your bad pain days. This might seem like a very low level of activity at first, but if you can be consistent about it, you will increase your ability to be active without pain. Maintain that starting level for about two weeks before you try to increase.

Step Three:

Make a plan for how to increase slowly. The more gradually you can increase your activity, the easier it will be for your pain system to adapt.

Step Four:

Once you have made a few increases in your activity plan, think about how you will adapt your activity on days when your pain levels are high. This may involve a temporary decrease in intensity or duration of activity, but try to stay active every day!

If you would like some advice on how to be active and stay active, here are a few websites:

<http://www.physicalactivityline.com>

<http://www.exercise-works.org/useful-resources/>

<http://prescription4exercise.com>

	Aerobic	Muscle strength and endurance	Core stability	Flexibility and Range of motion
What am I doing now?				
What have I enjoyed doing in the past?				
What could I start doing?				
Goal Frequency				
Goal Duration				
Where will I start?				
How will I increase?				

Aerobic: Increases heart rate and breathing rate

Examples: Cycling, rowing, swimming, walking, cross country skiing, gardening, light household chores, golfing...without a cart!

Muscle strength and endurance

Examples: Weight training, Pilates, Cycling

Flexibility and range of motion

Examples: Yoga, Tai Chi, Dance

Core stability and Agility

Examples: Martial arts, Downhill skiing, Golf, Pilates