

Blanton Family Chiropractic

1216 Sixth Avenue
Huntington, WV 25701
Phone: 304-523-3333

Patient Name _____ Date _____

This questionnaire will give your provider information about how your condition affects your everyday life. Please answer every section by marking the one statement that most closely applies to you.

****PLEASE MARK ONLY ONE PER CATEGORY ****

Bending

- I am able to bend as far as I would like without pain.
- I am able to bend 80 degrees without pain.
- I am able to bend 70 degrees without pain.
- I am able to bend 60 degrees without pain.
- I am able to bend 50 degrees without pain.
- I am able to bend 40 degrees without pain.
- I am able to bend 30 degrees without pain.
- I am able to bend 20 degrees without pain.
- I am able to bend 10 degrees without pain.
- I am not able to bend at all due to pain.

Headaches

- I have no headaches.
- I have 1 headache per month.
- I have 2 headaches per month.
- I have 1 headache per week.
- I have 2 headaches per week.
- I have 3 headaches per week.
- I have 4-5 headaches per week.
- I have 6-7 headaches per week.
- I am having constant headaches.

Sit To Stand

- I am able to get out of any chair without pain.
- I am able to get out of a high chair without pain.
- I am able to get out of a medium height chair without pain.
- I am able to get out of a low chair without pain.
- I am able to get out of a lazy boy recliner without pain.
- I am unable to get out of any chair without pain or assistance.

Sitting

- I am able to sit with no trouble
- I am able to sit for 8 hours before having pain.
- I am able to sit for 7 hours before having pain.
- I am able to sit for 6 hours before having pain.
- I am able to sit for 5 hours before having pain.
- I am able to sit for 4 hours before having pain.
- I am able to sit for 3 hours before having pain.
- I am able to sit for 2 hours before having pain.
- I am able to sit for 1 hour before having pain.
- I am unable to sit due to symptoms.

Standing

- I am able to stand as long as desired without pain.
- I am able to stand 60 minutes without pain.
- I am able to stand 45 minutes without pain.
- I am able to stand 30 minutes without pain.
- I am able to stand 25 minutes without pain.
- I am able to stand 15 minutes without pain.
- I am able to stand 10 minutes without pain.
- I am able to stand 5 minutes without pain.
- I am unable to stand at all due to pain.

Walking

- I am able to walk with no trouble.
- I am able to walk 1 or more miles.
- I am able to walk about ½ mile.
- I am able to walk 1 block.
- I am able to walk 100 feet.
- I am able to walk 50 feet.
- I am able to walk 10 feet.
- I am unable to walk due to symptoms.