

Back Pain Risk Scale

What are YOUR Chances of having back pain?
Take this quiz to find out.

1) How old are you?

- Under 30 - add 0
- 30 to 39 - add 1
- 40 to 65 - add 2
- Over 65 - add 3

1) _____

2) Do you smoke?

- Yes - add 1; No - add 0

2) _____

3) Are you overweight?

- No - add 0
- If yes and 0-5 lbs overweight - add 1
- 6-10 lbs overweight - add 2
- 11-15 lbs overweight - add 3
- 16-20 lbs overweight - add 4
- more than 20 lbs - add 5

3) _____

4) How often do you exercise?

- 0 times per week - add 3
- 1 time per week - add 2
- 2 times per week - add 1
- 3 times per week - add 0
- 4-7 times per week - deduct 1

4) _____

5) How often do you lift heavy objects?

- 0 times per month - add 0
- 1-2 times per month - add 1
- 3-4 times per month - add 2
- 5-6 times per month - add 3
- 7-8 times per month - add 4
- more than 8 times per month - add 5

5) _____

6) Have you already experienced back pain?

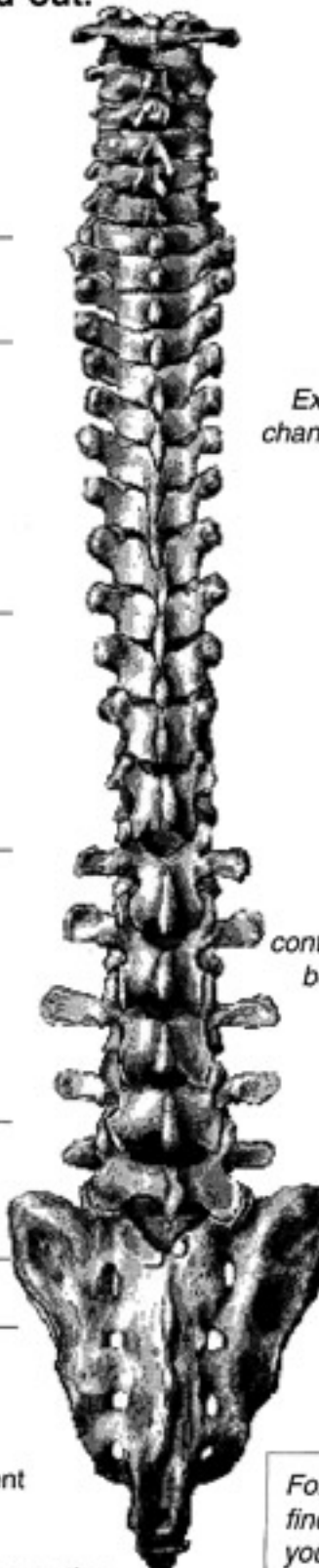
- Yes - add 3
- No - add 0

6) _____

TOTAL _____

SCALE:

- 0 Congratulations! You are doing what you can to prevent spine pain.
- 1-4 Low risk – You are doing many things right to prevent spine pain.
- 5-8 Potential risk – You should change some habits.
- 9-12 Moderate risk – See a doctor to learn more about prevention.
- 13-16 Significant risk – You need to change habits now to prevent spine pain.
- 17-20 Serious risk! Spine pain is likely.



Back pain affects 80% of people over the age of 30 at some point in their lives.

Smoking contributes to the potential for back pain.

Excess weight increases your chance of developing back pain.

Regular exercise can help prevent back pain.

Lifting heavy objects can contribute to strain on the back; be sure you are using proper lifting techniques.

Once you have back pain, there is a greater chance it will return.

For more information and to find a spine specialist near you, visit the North American Spine Society Web site at www.spine.org, or call toll-free (877) SpineDr.