

The Roland – Morris Low Back Pain and Disability Questionnaire

Patient name: _____ File # _____ Date: _____

Please read instructions: when your back hurts, you may find it difficult to do some of the things you normally do. Mark only the sentences that describe you today.

- I stay at home most of the time because of my back.
- I change position frequently to try to get my back comfortable.
- I walk more slowly than usual because of my back.
- Because of my back, I am not doing any jobs that I usually do around the house.
- Because of my back, I use a handrail to get upstairs.
- Because of my back, I lie down to rest more often.
- Because of my back, I have to hold on to something to get out of an easy chair.
- Because of my back, I try to get other people to do things for me.
- I get dressed more slowly than usual because of my back.
- I only stand up for short periods of time because of my back.
- Because of my back, I try not to bend or kneel down.
- I find it difficult to get out of a chair because of my back.
- My back is painful almost all of the time.
- I find it difficult to turn over in bed because of my back.
- My appetite is not very good because of my back.
- I have trouble putting on my sock (or stockings) because of the pain in my back.
- I can only walk short distances because of my back pain.
- I sleep less well because of my back.
- Because of my back pain, I get dressed with the help of someone else.
- I sit down for most of the day because of my back.
- I avoid heavy jobs around the house because of my back.
- Because of back pain, I am more irritable and bad tempered with people than usual.
- Because of my back, I go upstairs more slowly than usual.
- I stay in bed most of the time because of my back.

Score: _____

Improvement: _____ %

RDO

Name: _____ Date: _____

Age: _____ Score: _____

When your back hurts, you may find it difficult to do some of the things you normally do.

Mark only the sentences that describe you lately....

1. I stay at home most of the time because of my back.
2. I walk more slowly than usual because of my back.
3. Because of my back, I am not doing any jobs that I usually do around the house.
4. Because of my back, I use a handrail to get upstairs.
5. Because of my back, I lie down to rest more often.
6. Because of my back, I have to hold onto something to get out of an easy chair.
7. Because of my back, I try to get other people to do things for me.
8. I get dressed more slowly than usual because of my back.
9. I stand up only for short periods of time because of my back.
10. Because of my back, I try not to bend or kneel down.
11. I find it difficult to get out of a chair because of my back.
12. My back or leg is painful almost all of the time.
13. I find it difficult to turn over in bed because of my back.
14. I have trouble putting on my socks (or stockings) because of pain in my back.
15. I sleep less well because of my back.
16. I avoid heavy jobs around the house because of my back.
17. Because of back pain, I am more irritable and bad tempered with people than usual.
18. Because of my back, I go upstairs more slowly than usual.

Roland Morris Disability Questionnaire

Scoring: **Instructions for Roland-Morris :**

- ✘ The patient is instructed to put a mark next to each appropriate statement.
- ✘ The total number of marked statements are added by the clinician. Unlike the authors of the Oswestry Disability Questionnaire, Roland and Morris did not provide descriptions of the varying degrees of disability (e.g. 40%-60% is severe disability).
- ✘ Clinical improvements over time can be graded based on the analysis of serial questionnaire scores. If, for example, at the beginning of treatment, a patient's score was 12 and, at the conclusion of treatment, her score was 2 (10 points of improvement), we would calculate an 83% $(10/12 \times 100)$ improvement.

References

1. Deyo RA, Battie M, Beurskens AJ, Bombardier C, Croft P, Koes B, et al. Outcome measures for low back pain research. *Spine* 1998;23:2003-2013.
2. Roland M, Morris R. A study of the natural history of back pain: part I: development of a reliable and sensitive measure of disability in low-back pain. *Spine* 1983;8:141-144.
3. Deyo RA. Comparative validity of the sickness impact profile and shorter scales for functional assessment in low back pain. *Spine* 1986;11:951-954.
4. Jensen MP, Strom SE, Turner JA, Romano JM. Validity of the Sickness Impact Profile Roland scale as a measure of dysfunction in chronic pain patients. *Pain* 1992;50:157-162.
5. Patrick DL, Deyo RA, Atlas SJ, Singer DE, Chapin A, Keller RB. Assessing health related quality of life in patients with sciatica. *Spine* 1995;20:1899-909.
6. Roberts A. The conservative treatment of low back pain. MD thesis, University of Nottingham, 1991.
7. Waddell G. *The Back Pain Revolution*. Edinburgh: Churchill Livingstone, 1998.
8. Baker CD, Pynsent PB, Fairbank JCT. The Oswestry Disability Index revisited: its reliability, repeatability and validity, and a comparison with the St. Thomas's Disability Index. In: Roland MO, Jenner JR, eds. *Back Pain: New Approaches to Education and Rehabilitation*. Manchester University Press, 1989:174-86.
9. Stratford PW, Binkley JM. Measurement properties of the RM 18: a modified version of the Roland-Morris disability scale. *Spine* 1997;22:2416-2421.
10. CareTrak outcomes software. Grand Rapids, MN; (800) 393-7255, www.caretrak-outcomes.com.

ROLAND MORRIS LOW BACK PAIN QUESTIONNAIRE

The Roland-Morris Questionnaire (RMQ) is a self-administered disability measure in which greater levels of disability are reflected by higher numbers on a 24-point scale. The RMQ has been shown to yield reliable measurements, which are valid for inferring the level of disability, and to be sensitive to change over time for groups of patients with low back pain. Little is known about the usefulness of this instrument in aiding decision making regarding individual patients. [Stratford PW, Binkley J, Solomon P, et al. Defining the minimum level of detectable change for the Roland-Morris Questionnaire. Phys Ther. 1996;76:359-365.]

N.B. This questionnaire has been adapted to limit confusion by the patient with nerve root pain, who may have little back pain.

Name: Dr. Douglas M. Gillard

Dob: 02/26/

Date: 10/18/03

When your back or leg hurts, you may find it difficult to do some of the things you normally do. Please mark with a cross only the sentences that describe you TODAY.

01. I stay at home most of the time because of my back and/or leg pain.
- 02.** I walk more slowly than usual because of my back and/or leg pain.
- 03.** Because of my back and/or leg pain, I am not doing any jobs that I usually do around the house.
04. Because of my back and/or leg pain, I use a handrail to get upstairs.
- 05.** Because of my back and/or leg pain, I lie down to rest more often.
06. Because of my back and/or leg pain, I have to hold onto something to get out of an easy chair.
- 07.** Because of my back and/or leg pain, I try to get other people to do things for me.
08. I get dressed more slowly than usual because of my back and/or leg pain.
09. I stand up only for short periods of time because of my back and/or leg pain.
10. Because of my back and/or leg pain, I try not to bend or kneel down.
11. I find it difficult to get out of a chair because of my back and/or leg pain.
12. My back is painful almost all of the time.
13. I find it difficult to turn over in bed because of my back and/or leg pain.
14. I have trouble putting on my socks (or stockings) because of pain in my back and/or leg pain.
15. I sleep less well because of my back and/or leg pain.
- 16.** I avoid heavy jobs around the house because of my back and/or leg pain.
- 17.** Because of back and/or leg pain, I am more irritable and bad tempered with people than usual.
- 18.** Because of my back and/or leg pain, I go upstairs more slowly than usual.
19. I change positions frequently to try to get my back and /or leg comfortable.
20. My appetite is not very good because of my back and/or leg pain.
21. I can only walk short distances because of my back and/or leg pain.
22. Because of my back and/or leg pain, I get dressed with the help of someone else.
23. I sit down for most of the day because of my back and/or leg pain.
24. I stay in bed most of the time because of my back and/or leg pain.

Office Use Only Score: 7 of 24

Improvement: 60%

GUIDE

Simply count the scores for a result between 0 and 24. Scores under 4 and over 20 may not show significant change over time in patients with scores of less than 4 and deterioration in patients who have scores greater than 20. [Stratford PW, Binkley J, Solomon P, et al. Defining the minimum level of detectable change for the Roland-Morris Questionnaire. Phys Ther. 1996;76:359-365.]