NAM	E:					ראם	۳E۰					
	L					DAI	Ľ					
INS <sup>.</sup>	se rate your pain level with activity: 0 1 2 3 4 None TRUCTIONS: On a scale of 0 to 10, how confiden at all", 5 being "fairly confident/fairly sure", and 1 If you have stopped doing the activity at least pa	0 being "cc	at you ca ompletel	in do eac y confic	lent/com	seactiv pletely	sure"?	hout fall	-		-	
How	because of a physical problem, leave that item If you do not currently do the activity for other re activity today. confident are you that you can		ase rate	that ite	n based	on hov	v you pe	erceive y	ou wo	uld rate	if you ha	ad to do the
	Get dressed and undressed	0	1	2	3	4	5	6	7	8	9	10
	Prepare a simple meal	0	1	2	3	4	5	6	7	8	9	10
	Take a bath or a shower	0	1	2	3	4	5	6	7	8	9	10
							_					
	Get in/out of a chair	0	1	2	3	4	5	6	7	8	9	10
	Get in/out of a chair Get in/out of bed	0 0	1 1	2 2	3 3	4 4	5 5	6 6	7 7	8 8	9 9	10 10
	Get in/out of bed	0	1	2	3	4	5	6	7	8	9	10
	Get in/out of bed Answer the door or telephone	0 0	1 1	2 2	3 3	4 4	5 5	6 6	7 7	8 8	9 9	10 10
	Get in/out of bed Answer the door or telephone Walk around the inside of your house	0 0 0	1 1 1	2 2 2	3 3 3	4 4 4	5 5 5	6 6 6	7 7 7	8 8 8	9 9 9	10 10 10
	Get in/out of bed Answer the door or telephone Walk around the inside of your house Reach into cabinets or closets	0 0 0 0	1 1 1 1	2 2 2 2	3 3 3 3	4 4 4 4	5 5 5 5	6 6 6	7 7 7 7	8 8 8 8	9 9 9 9	10 10 10 10
0.	Get in/out of bed Answer the door or telephone Walk around the inside of your house Reach into cabinets or closets Light housekeeping	0 0 0 0 0	1 1 1 1	2 2 2 2 2 2	3 3 3 3 3	4 4 4 4 4	5 5 5 5 5	6 6 6 6	7 7 7 7 7	8 8 8 8 8	9 9 9 9 9	10 10 10 10 10
0. 1.	Get in/out of bed Answer the door or telephone Walk around the inside of your house Reach into cabinets or closets Light housekeeping Simple shopping	0 0 0 0 0	1 1 1 1 1	2 2 2 2 2 2 2	3 3 3 3 3 3 3	4 4 4 4 4 4	5 5 5 5 5 5	6 6 6 6 6	7 7 7 7 7 7	8 8 8 8 8 8	9 9 9 9 9 9	10 10 10 10 10 10
	Get in/out of bed Answer the door or telephone Walk around the inside of your house Reach into cabinets or closets Light housekeeping Simple shopping Using public transportation	0 0 0 0 0 0 0	1 1 1 1 1 1 1	2 2 2 2 2 2 2 2 2	3 3 3 3 3 3 3 3	4 4 4 4 4 4 4	5 5 5 5 5 5 5	6 6 6 6 6 6	7 7 7 7 7 7 7	8 8 8 8 8 8 8	9 9 9 9 9 9 9	10 10 10 10 10 10 10

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