

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Daily Living Assessment

### Normal Living – Sitting

- I am able to assume a sitting position for an indefinite period of time without pain.
- I can sit down for an indefinite period of time, but it causes some pain.
- I am restricted to one hour of sitting due to pain.
- Due to pain, I am only able to sit for 30 minutes.
- Pain restricts sitting for longer than 10 minutes.
- I am unable to sit due to pain.

### Normal Living – Standing

- I am able to stand as long as I like without pain.
- I am able to stand for an indefinite period of time, but it causes pain.
- I am restricted to one hour of standing due to pain.
- Due to pain, I am only able to stand for 30 minutes.
- Pain restricts standing for longer than 10 minutes.
- I am unable to stand due to pain.

### Normal Living – Lifting

- I am able to lift heavy objects without pain.
- I am able to lift heavy objects, but it causes pain.
- I am unable to lift heavy objects off the floor. However, I can manage if they are at table height.
- Due to pain, I am not able to lift heavy objects. However, light to medium weight objects are manageable.
- Pain restricts lifting only very lightweight objects.
- I am unable to lift any objects of any weight at all.

### Ambulation

- I am able to walk any distance without pain restrictions.
- I am limited to walk one mile due to pain restrictions.
- I am limited to walk half mile due to pain restrictions.
- Due to pain, I am restricted to walking less than ¼ mile.
- I require the use of crutches or a cane to assist walking.
- I remain in bed most of the time due to pain.

### Non Specialized Hand Activities

- I can grasp in a normal fashion.
- I can utilize grip and tactile discrimination, but there is some pain.
- My grasp and grip capabilities are normal, but always painful.
- Grasping, grip strength and tactile sensations are restricted by pain.
- Pain prevents grip strength, grasping and tactile discrimination completely.
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### Sleep

- I sleep well in a normal fashion.
- I sleep well at night, as long as I use sleeping pills.
- I fail to accomplish more than 6 hours of sleep.
- I fail to accomplish more than 4 hours of sleep.
- I fail to accomplish more than 2 hours of sleep.
- Pain prevents sleep.

### Social and Recreational Activities

- I am enjoying a normal active social life without pain restrictions.
- The presence of pain affects only the more energetic activities of my social life (sports, etc.)
- I participate in a normal social life, but pain is increased during most activities.
- Pain restricts all of my social activities; therefore, I do not go as often.
- I am restricted to social activities at home due to pain.
- Due to pain, I do not participate in any social activities

### The Effects of Medication

- I am able to tolerate pain; therefore, I do not use any pain medications.
- I use pain medication and experience complete relief from pain.
- I use pain medication and experience moderate relief from pain.
- Pain medication offers only very little relief from pain.
- Pain medication fails to offer relief; therefore, I no longer take them.