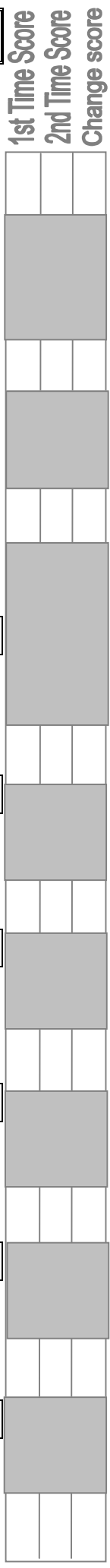


STarT Back: For these questions, please think about your back pain over the last few days.



1. How **bothersome** has **pain spreading down your legs from your back** been in the **last few days**?

Not at all Slightly Moderately Very much Extremely

0 1 2 3 4

2. How **bothersome** has pain in your **shoulder or neck** been in the **last few days**?

Not at all Slightly Moderately Very much Extremely

0 1 2 3 4

For each of the following, please cross one box to show how much you agree or disagree with the statement, thinking about the **last few days**.

3. In the last **few days**, I have **dressed more slowly** than usual because of my back pain.

Completely disagree Strongly agree

0	1	2	3	4	5	6	7	8	9	10
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4. In the last **few days**, I have only **walked short distances** because of my back pain.

Completely disagree Strongly agree

0	1	2	3	4	5	6	7	8	9	10
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5. It's **really not safe** for a person with a condition like mine to be **physically active**.

Completely disagree Strongly agree

0	1	2	3	4	5	6	7	8	9	10
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6. **Worrying thoughts** have been going through my mind a lot of the time in the last **few days**.

Completely disagree Strongly agree

0	1	2	3	4	5	6	7	8	9	10
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7. I feel that **my back pain is terrible** and that **it is never going to get any better**.

Completely disagree Strongly agree

0	1	2	3	4	5	6	7	8	9	10
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8. In general, in the last **few days**, I have **not enjoyed** all the things I used to enjoy.

Completely disagree Strongly agree

0	1	2	3	4	5	6	7	8	9	10
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9. Overall, how **bothersome** has your **back pain** been in the **last few days**?

Not at all Slightly Moderately Very much Extremely

Scoring for StartBack 9-item Clinical Tool and StartNeck 9-item Clinical Tool is the same:

If the patient chooses the threshold score (in **RED**) or higher, their answer qualifies as a 'YES' for the 9-item tool, and would therefore be scored 1 point.

Ultimate determination of risk of chronicity is calculated as follows:

For overall scores of **3 or less**, the risk of chronicity is considered **LOW**

For overall scores of **4 or more**, the score total for only questions 5,6,7,8,9 are then used:

If the score for these questions is 3 or less, the risk of chronicity is **MEDIUM**

If the score for these question is 4 or more, the risk of chronicity is **HIGH**

This tool, while not yet validated, can also be considered for use as a measure of change over time for each individual question (outcome tool). If the patient scores a 6 on question 3 on the initial visit, and then on reexamination visit scores a 2, this would be considered a measure of improvement. Our (Spine Care Partners) intention is to investigate the reliability and validity of the use of the Start Back questionnaire in this manner.

We also note, in full disclosure, that the StartNeck tool has not been validated either as an outcome tool nor as a valid predictor of chronicity. However, the StartNeck utilized the StartBack and substituted 2 questions from the Neck Disability Index for the 2 questions on the StartBack taken from the Roland Morris Activity Scale. We also hope to test the reliability and validity of the StartNeck tool as a predictor of chronicity for neck pain and as valid outcome tool.

The STarT Back Tool Scoring System

