



The University of  
**Nottingham**

UNITED KINGDOM • CHINA • MALAYSIA

Debnath, Ujjwal Kanti (2010) Factors predicting the outcome following treatment for lumbar spondylolysis. DM thesis, University of Nottingham.

**Access from the University of Nottingham repository:**

[http://eprints.nottingham.ac.uk/12780/3/bpsq\\_ch\\_6.pdf](http://eprints.nottingham.ac.uk/12780/3/bpsq_ch_6.pdf)

**Copyright and reuse:**

The Nottingham ePrints service makes this work by researchers of the University of Nottingham available open access under the following conditions.

This article is made available under the University of Nottingham End User licence and may be reused according to the conditions of the licence. For more details see:  
[http://eprints.nottingham.ac.uk/end\\_user\\_agreement.pdf](http://eprints.nottingham.ac.uk/end_user_agreement.pdf)

For more information, please contact [eprints@nottingham.ac.uk](mailto:eprints@nottingham.ac.uk)

## BACK PAIN AND SPORTS QUESTIONNAIRE

This questionnaire is designed to assess low back pain in active sportsmen and women. Please complete all the questions below, choosing the best answer.

Please tell us a little about yourself by completing the following:

**Name:** \_\_\_\_\_ **Sport:** \_\_\_\_\_

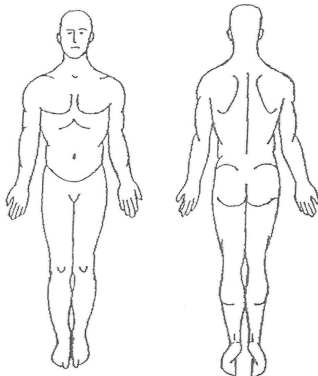
**Today's Date:** \_\_\_\_\_ **Height:** \_\_\_\_\_ **Weight:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **Sex:** M \_\_\_\_\_ F \_\_\_\_\_

**Address:** \_\_\_\_\_

Do you have any back pain today? YES/NO

Please indicate with a cross (X) your areas of pain in your back and leg:



(Please tick one answer in each of the following)

1. How long did your most recent episode of Back Pain last?

< 1 month  1-6 months  > 6 months  Ongoing

2. What type of sports are you involved in and at which level?

Name of sport: \_\_\_\_\_

Handedness: Left/Right

Professional

College/University

Semi-Professional

Non-Professional

3. Did the pain originally occur while playing sport?

Yes  No

4. Does the sporting activity make the pain worse?

Yes  No

5. Did you suffer any other injuries?

Yes  No

6. When did you return to active sports after this most recent episode?

< 1 month  1-6 months  6 - 12 months  Never

7. How would you rate your current sporting ability?

Fully competitive  Some limitations

Over 50% limitations  Not able to do

8. How is your back pain now?

No pain ever (even with sporting activities)

Occasional pain with sporting activity

I always have pain with sporting activity  
but manage with pain killers

Always have pain preventing sporting activity  
needing regular pain killers

Always have pain in activities of daily living  
taking regular pain killers

9. How was your back pain treated? (Tick more than one if required)

Rest only  Exercise/Physiotherapy

Modified technique  Manipulative therapy

Pilates  Resistance/weight

Yoga  Soft/Hard bracing

Massage therapy  Injection

---

Please return the questionnaire in the prepaid envelope provided. Thank you.