



FUNCTIONAL SURVEY

WALKING TOLERANCE

- ☐ No limitation with walking
- ☐ Can walk as much as I like but with increased pain
- ☐ Can walk 1 mile
- ☐ Pain walking hills
- ☐ Can walk < ¼ mile

SLEEP DISTURBANCE

- ☐ No disrupted sleep
- ☐ No disturbance, but increased pain upon awakening
- ☐ Difficulty getting to sleep due to pain
- ☐ Sleep disturbed 2-3 hours/night
- ☐ Sleep disturbed < 1 hour per night

STAIRS

- ☐ No pain with stairs
- ☐ Unable to climb more than 1 flight of stairs
- ☐ Unable to take more than 2-3 steps
- ☐ Pain/instability stepping on/off curb
- ☐ More pain up stairs
- ☐ More pain descending stairs

DRIVING

- ☐ No pain with driving
- ☐ Can drive as long as I want, but with increased pain
- ☐ Can drive 1 hour
- ☐ Can drive < 30 minutes
- ☐ Pain whenever I drive

SITTING TOLERANCE

- ☐ Can sit as long as I want
- ☐ Time is chair dependent
- ☐ Pain with sitting > 1 hour
- ☐ Pain with sitting < 15 minutes

STANDING TOLERANCE

- ☐ Can stand as long as I want
- ☐ Pain with standing at sink
- ☐ Pain standing from bending

LIFTING TOLERANCE

- ☐ Can lift without pain
- ☐ Can lift but with pain
- ☐ Can only lift light weight
- ☐ Cannot lift at all

REACHING

- ☐ No pain with reaching
- ☐ Pain reaching overhead
- ☐ Pain reaching behind back
- ☐ Pain reaching across body