

# Back Pain Risk Scale

What are your chances of having back pain?

Take this quiz to find out.

## 1. How old are you?

- Under 30 - add 0
- 30 to 39 - add 1
- 40 to 65 - add 2
- Over 65 - add 3

## 2. Do you smoke?

- Yes - add 1
- No - add 0

## 3. Are you overweight?

- 0-5 lbs. overweight - add 1
- 6-10 lbs. overweight - add 2
- 11-15 lbs. overweight - add 3
- 16-20 lbs. overweight - add 4
- more than 20 lbs. overweight - add 5

## 4. How often do you exercise?

- 0 times per week - add 3
- 1 time per week - add 2
- 2 times per week - add 1
- 3 times per week - add 0
- 4-7 times per week - deduct 1

## Risk Scale

- 0** Congratulations! You are doing what you can to prevent back pain.
- 1-4** Low risk. You are doing many things right to prevent back pain.
- 5-8** Potential risk. You should change some habits.
- 9-12** Moderate risk. See a doctor to learn more about prevention.
- 13-16** Significant risk. You need to change habits NOW.
- 17-20** Serious risk! Back pain is likely.

## 5. How often do you lift heavy objects?

- 0 times per month - add 0
- 1-2 times per month - add 1
- 3-4 times per month - add 2
- 5-6 times per month - add 3
- 7-8 times per month - add 4
- more than 8 times per month - add 5

## 6. Have you already experienced back pain?

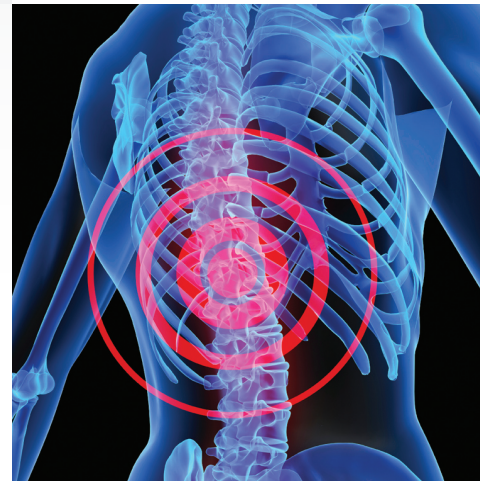
- Yes - add 3
- No - add 0

**TOTAL** \_\_\_\_\_

If your score is over 5 call LOPT for a free back screening.



LINCOLN ORTHOPEDIC  
PHYSICAL THERAPY



- Excess weight increases your chance of developing back pain.
- Regular exercise can help prevent back pain.
- Lifting heavy objects can contribute to strain on the back; be sure you are using proper lifting techniques.
- Back pain affects 80% of people over the age of 30 at some point in their lives.

We're all about helping people improve their quality of life.

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