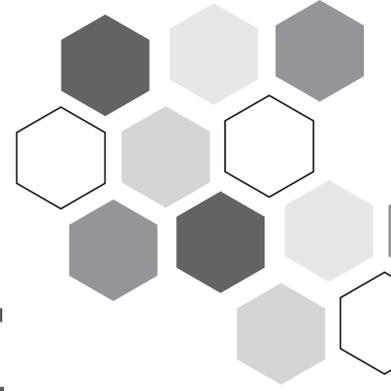


MUSCULOSKELETAL HEALTH QUESTIONNAIRE



1. Have you had to see a doctor in the past three years for any bone, joint, or spine problems?
 - No
 - One or two visits, but no problems now
 - Do doctors give frequent-flyer miles?
2. Have you ever had an orthopedic injury severe enough to result in one of the following?
 - Kept you out of sports or exercise for a month?
 - Required crutches for two or more weeks?
 - Required surgery?
 - No Yes (to any of the questions)
3. Have you ever dislocated or separated your shoulder?
 - No Yes
 - If yes, please explain. _____
4. Do you have joint swelling? No Yes
5. Have you lost mobility (range of motion) in any joint? For example, can you fully straighten (extend) and fully bend (flex)? Compare right to left.
 - No
 - A little stiff at times, but motion is full
 - Motion is limited in one or two major joints or the spine
6. Do your knees creak or make noise when you are going up or down stairs?
 - No
 - Yes, but no discomfort or pain
 - Yes, and does cause discomfort and/or pain
7. Do you have trouble actually ascending or descending stairs?
 - No
 - Only after going up and down multiple times, especially while carrying heavier items
 - Yes
8. Do you have stiffness in any joints associated with any of the following conditions?
 - Upon awakening (i.e., until showering or moving for about 15–20 minutes)
 - After sitting still for more than 30 minutes
 - For no apparent reason
 - No
 - Only the day after a hard workout
 - Yes
9. Does high barometric pressure (i.e., damp, rainy weather) make your joints ache?
 - No
 - Rarely
 - Friends consult me instead of the weatherman
10. Have you ever had an episode of lower-back or neck pain or spasm?
 - No
 - Yes, it kept me off my feet for less than 24 hours
 - Yes, I miss work due to recurrent episodes
11. Do you have pain while lying on either shoulder at night in bed?
 - No
 - Rarely
 - Almost nightly; tossing and turning to get comfy
12. Do you have difficulty falling asleep at night or awaken during the night because of any joint or muscle discomfort?
 - No
 - Rarely or minor difficulty
 - Yes
13. Do you awaken at night with your hands or fingers “asleep”?
 - No
 - Rarely and I easily shake it off
 - My hands get more sleep than I do

Note: If a client answers “Yes” to any of the items, this may suggest a musculoskeletal issue that warrants further evaluation. Be sure to refer to an appropriate healthcare professional as needed.

