

Static Tolerance Questionnaire

While it is likely that your symptoms, and therefore your tolerance to static positioning, may vary from day to day, please try to answer the following questions using your best estimate based upon your "typical" or "usual" day, not your best, or worst day.

Did you drive yourself to today's appointment? ___ YES ___ NO

If not, how did you arrive at today's appointment?

Driven by someone Bus UBER/LYFT Taxi Other _____

How long did it take you to travel to today's appointment? _____

Did you require any stops along the way? ___ YES ___ NO If Yes, how many and for how long? _____

Did your pain increase as a result of the drive? ___ YES ___ NO

What is your current pain rating on a scale of one (1) to ten (10)? _____

Did you experience an increase in any other symptoms as a result of your drive? ___ YES ___ NO

If YES, please describe briefly: _____

If you are at home, how long are you able to sit before you need to get up and change position? _____ mins/hours

If you are travelling, how long are you able to sit before you need to change position? _____ mins/hours

If you are at the grocery store, how long can you shop before you need to take a break? _____ mins/hours

If you are in your kitchen, how long can you stand in one place before needing a break? _____ mins/hours

If you walk around the neighborhood, how long can you go before requiring a break/rest? _____ mins/hours

If you are walking in the mall, how long can you go before requiring a break/rest? _____ mins/hours

Do you try to walk on a regular basis? ___ YES ___ NO

If "YES", how long can you walk before you need to stop and take a break? _____ mins/hours

Do you use an assistive device (cane/walker/walking stick) when walking? ___ YES ___ NO

Do you wear a back brace when walking or standing? ___ YES ___ NO

Does walking change your symptoms? Increase Decrease Doesn't Change

If you are currently working, how long can you stand before requiring a break/rest? _____ mins/hours

If you are currently working, how long can you sit before requiring a positional change? _____ mins/hours

If you are currently working, how long can you walk before requiring a break/rest? _____ mins/hours

If you are watching a movie or sporting event, how long can you sit before you need to get up? _____ mins/hours

If you are standing in line at the grocery store, how long could you stand before needing to sit? _____ mins/hours