

# Modified Roland Sciatica Questionnaire

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

When your back hurts, you may find it difficult to do some of the things you normally do.

**Please read carefully:**

This list contains some sentences that people have used to describe themselves when they have back pain. When you read them, you may find that some stand out because they describe you *today*. As you read the list, think of yourself *today*. When you read a sentence that describes you *today*, mark the box next to it. If the sentence does not describe you, then leave the space blank and go on to the next one.

**Remember, only mark the sentence if you are sure that it describes you *today*.**

- I stay at home most of the time because of my leg pain (sciatica).
- I change position frequently to try and make my leg comfortable.
- I walk more slowly than usual because of my leg pain (sciatica).
- Because of my leg problem, I am not doing any of the jobs that I usually do around the house.
- Because of my leg problem, I use a handrail to get upstairs.
- Because of my leg problem, I have to hold on to something to get out of a reclining chair.
- I get dressed more slowly than usual because of my leg pain (sciatica).
- I only stand up for short periods of time because of my leg pain (sciatica).
- Because of my leg problem, I try not to bend or kneel down.
- I find it difficult to get out of a chair because of my leg pain (sciatica).
- My leg is painful almost all of the time.
- I find it difficult to turn over in bed because of my leg pain (sciatica).
- I have trouble putting on my socks (or stockings) because of the pain in my back.
- I only walk short distances because of my leg pain (sciatica).
- I sleep less because of my leg problem.
- I avoid heavy jobs around the house because of my leg pain (sciatica).
- Because of my leg problem, I am more irritable and bad tempered with people than usual.
- Because of my leg problem, I go upstairs more slowly than usual.
- I stay in bed most of the time because of my leg pain (sciatica).
- Because of my leg problem, my sexual activity is decreased.
- I keep rubbing or holding areas of my body that hurt or are uncomfortable.
- Because of my leg problem, I am doing less of the daily work around the house than I would usually do.
- I often express concern to other people over what might be happening to my health.

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Examiner