The Keele STarT Back Screening Tool

Patient name: ___________________________ Date: ____________

Thinking about the last 2 weeks, check your response to the following questions:

1. Has your back pain spread down your leg(s) at some time in the last 2 weeks? □ □

2. Have you had pain in the shoulder or neck at some time in the last 2 weeks? □ □

3. Have you only walked short distances because of your back pain? □ □

4. In the last 2 weeks, have you dressed more slowly than usual because of back pain? □ □

5. Do you think it’s not really safe for a person with a condition like yours to be physically active? □ □

6. Have worrying thoughts been going through your mind a lot of the time? □ □

7. Do you feel that your back pain is terrible and it’s never going to get any better? □ □

8. In general have you stopped enjoying all the things you usually enjoy? □ □

9. Overall, how bothersome has your back pain been in the last 2 weeks?

<table>
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<th>Not at all</th>
<th>Slightly</th>
<th>Moderately</th>
<th>Very much</th>
<th>Extremely</th>
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<tbody>
<tr>
<td>□</td>
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<td>0</td>
<td>1</td>
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</tr>
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</table>

Total score (all 9): ____________
Sub Score (Q5-9): ____________

Note: Clinic Staff - Please enter score in the Epic Back Pain Stratification (STarT Back) flow sheet.

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