Activities of Daily Living Assessment

Rate your current difficulties by placing the appropriate number in the box.

Social and Recreational Activities

[ ] bowling  [ ] jogging  [ ] swimming  [ ] golfing  [ ] dancing  [ ] biking  [ ] hunting/fishing

If an activity does not cause pain or if pain does not affect an activity, leave box blank.

[ 1 ] This activity causes some pain, but it is only a minor annoyance.
[ 2 ] This activity causes a significant amount of pain, but I can do it.
[ 3 ] I cannot perform this activity due to pain and disability.

Self Care and Personal Hygiene

[ ] bathing/showering  [ ] brushing teeth  [ ] putting on shoes  [ ] eating  [ ] doing laundry
[ ] grooming hair  [ ] making the bed  [ ] putting on pants  [ ] dishes  [ ] going to toilet
[ ] washing face  [ ] putting on shirt  [ ] cooking  [ ] taking out trash

Physical Activities

[ ] standing  [ ] walking  [ ] reaching  [ ] bending right  [ ] twisting right
[ ] sitting  [ ] squatting  [ ] bending forward  [ ] bending left  [ ] twisting left
[ ] reclining  [ ] kneeling  [ ] bending back  [ ] looking left  [ ] looking right

Functional Activities

[ ] carrying small objects  [ ] lifting weights off table  [ ] pushing/pulling while standing
[ ] carrying large objects  [ ] climbing stairs/incline  [ ] exercising upper body
[ ] carrying briefcase/purse  [ ] pushing/pulling while seated  [ ] exercising lower body
[ ] lifting object off floor  competitive sports  [ ] gardening
[ ] walking  [ ] horse riding  [ ] other: ___________________________________________

Difficulties with Traveling

[ ] driving in car  [ ] driving for long periods of time
[ ] riding as passenger  [ ] riding as passenger for long periods of time

Other activities

Use this scale for the following activities:

[ 1 ] This activity is slightly affected by my condition
[ 2 ] This activity is moderately affected by my condition
[ 3 ] This activity is severely affected by my condition
[ 4 ] I cannot perform this activity due to my condition

[ ] concentrating  [ ] listening  [ ] reading  [ ] studying  [ ] writing  [ ] using computer
[ ] sleeping  [ ] sexual relations