

## Modified Roland (Sciatica) Questionnaire

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

### Please read carefully:

When your leg hurts, you may find it difficult to do some of the things you normally do. This list contains some sentences people have used to describe themselves when they have sciatica. When you read them, you may find that some stand out because they describe you today. When you read a sentence that describes you today, put a check in the **YES** column. If the sentence does not describe you, check the **NO** column.

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	1. I stay home most of the time because of my leg pain (sciatica).
<input type="checkbox"/>	<input type="checkbox"/>	2. I change position frequently to try and get my leg comfortable.
<input type="checkbox"/>	<input type="checkbox"/>	3. I walk more slowly than usual because of my leg pain (sciatica).
<input type="checkbox"/>	<input type="checkbox"/>	4. Because of my leg problem, I am not doing any of the jobs that I usually do around the house.
<input type="checkbox"/>	<input type="checkbox"/>	5. Because of my leg problem, I use a handrail to get upstairs.
<input type="checkbox"/>	<input type="checkbox"/>	6. Because of my leg problem, I have to hold onto something to get out of an easy chair.
<input type="checkbox"/>	<input type="checkbox"/>	7. I get dressed more slowly than usual because of my leg pain (sciatica).
<input type="checkbox"/>	<input type="checkbox"/>	8. I only stand for short periods of time because of my leg pain (sciatica).
<input type="checkbox"/>	<input type="checkbox"/>	9. Because of my leg problem, I try not to bend or kneel down.
<input type="checkbox"/>	<input type="checkbox"/>	10. I find it difficult to get out of a chair because of my leg pain (sciatica).
<input type="checkbox"/>	<input type="checkbox"/>	11. My leg is painful almost all the time.
<input type="checkbox"/>	<input type="checkbox"/>	12. I find it difficult to turn over in bed because of my leg pain (sciatica).
<input type="checkbox"/>	<input type="checkbox"/>	13. I have trouble putting on my socks (or stockings) because of my leg pain (sciatica).
<input type="checkbox"/>	<input type="checkbox"/>	14. I only walk short distances because of my leg pain (sciatica).
<input type="checkbox"/>	<input type="checkbox"/>	15. I sleep less well because of my leg problem.
<input type="checkbox"/>	<input type="checkbox"/>	16. I avoid heavy jobs around the house because of my leg problem.
<input type="checkbox"/>	<input type="checkbox"/>	17. Because of my leg problem, I am more irritable and bad tempered with people than usual.
<input type="checkbox"/>	<input type="checkbox"/>	18. Because of my leg problem, I go upstairs more slowly than usual.
<input type="checkbox"/>	<input type="checkbox"/>	19. I stay in bed most of the time because of my leg pain (sciatica).
<input type="checkbox"/>	<input type="checkbox"/>	20. Because of my leg problem, my sexual activity is decreased.
<input type="checkbox"/>	<input type="checkbox"/>	21. I keep rubbing or holding areas of my body that hurt or are uncomfortable.
<input type="checkbox"/>	<input type="checkbox"/>	22. Because of my leg problem, I am doing less of the daily work around the house than I would usually do.
<input type="checkbox"/>	<input type="checkbox"/>	23. I often express concern to other people over what might be happening to my health.

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Examiner