

Orebro Musculoskeletal Screening Questionnaire (OMSQ) Short Form (SF-12)

NAME: _____ Date: _____ Problem: _____

1. When did your current pain or problem start? Check (✓) one.

- 0-1 weeks [1] 1-2 weeks [2] 3-4 weeks [3] 4-5 weeks [4] 6-8 weeks [5]
 9-11 weeks [6] 3-6 months [7] 6-9 months [8] 9-12 months [9] over 1 year [10]

2. Rate how much of a burden it is to perform all the things you need to do in a normal day.

0 1 2 3 4 5 6 7 8 9 10
Not at all *Extremely*

3. For the last 2-3 days, rate on average how bothersome your pain or problem is.

0 1 2 3 4 5 6 7 8 9 10
Not at all *Extremely*

4. For the last 2-3 days, what percentage of the day do you notice your pain or problem?

0 10 20 30 40 50 60 70 80 90 100
Never *All the time*

We also need a bit more information on your thoughts and feelings.

5. During the past 2-3 days, rate how tense or anxious you have felt.

0 1 2 3 4 5 6 7 8 9 10
Not at all *Extremely*

6. During the past 2-3 days, rate how "depressed" or "down" you have felt.

0 1 2 3 4 5 6 7 8 9 10
Not at all *Extremely*

7. What do you think is the risk that your current pain or problem will not improve?

0 1 2 3 4 5 6 7 8 9 10
No risk *Very large risk*

8. Think of your life; rate how satisfied you are with your current situation. [10-x]

0 1 2 3 4 5 6 7 8 9 10
Not at all *Extremely*

How true are the next two statements for you?

9. Physical activity makes my pain or problem worse.

0 1 2 3 4 5 6 7 8 9 10
Not at all *Extremely*

10. I should not do my normal daily routine or work with my present pain or problem.

0 1 2 3 4 5 6 7 8 9 10
Not at all *Extremely*

Help us to better understand your current physical abilities. [10-x]

11. I can walk for an hour or participate in my normal light recreational or sporting activities.

0 1 2 3 4 5 6 7 8 9 10
Not at all *Completely Normal*

12. I manage my daily routine and social activities (eg. shopping or transport or see friends).

0 1 2 3 4 5 6 7 8 9 10
Not at all *Completely Normal*

Therapists Notes: Questions score = 0-10, **EXCEPT** 8, 11&12 where score = 10-x

Scores: 1 to 7= _____ 8,11&12= _____ **TOTAL=** _____