

WHAT'S YOUR RISK FOR BACK PAIN?

There is a lot you can do to minimize the stress on your back. Take this quiz to find out your risk for back pain.*

Lifestyle

1. Do you exercise on a regular basis? Yes Sometimes No
2. Do you carry a purse or knapsack over one shoulder? Yes Sometimes No
3. Do you wear shoes with heels more than 2" high? Yes Sometimes No
4. Are you overweight? Yes Sometimes No
5. Do you build stress-relieving activities into your day? Yes Sometimes No

Workplace

1. Do you stand for long hours on your feet? Yes Sometimes No
2. Does your job require frequent bending or lifting? Yes Sometimes No
3. Are your computer set-up and office chair in proper alignment? Yes Sometimes No
4. Do you make time for frequent stretch breaks at work? Yes Sometimes No
5. Do you have a supportive chair for deskwork? Yes Sometimes No

Sports and Physical Activity

1. Do you warm-up before beginning any sports activity? Yes Sometimes No
2. Do you wear protective gear when roller-blading, playing hockey or engaging in other contact sports? Yes Sometimes No
3. Does your equipment fit properly? Yes Sometimes No
4. Do you push yourself hard when exercising? Yes Sometimes No
5. Do you get in shape before starting a new seasonal activity? Yes Sometimes No

At Home

1. Do you sleep on your stomach? Yes Sometimes No
2. Do you have a firm mattress and a supportive pillow? Yes Sometimes No
3. Do you get help from someone when lifting heavy objects? Yes Sometimes No
4. Do you care for children under the age of three? Yes Sometimes No
5. Do you practice good shoveling techniques when digging, or removing snow? Yes Sometimes No

* This is not a clinical diagnostic tool. Consult a health professional for a comprehensive assessment, diagnosis and treatment advice.

Add up your score using the chart below. If you scored:

- **0-14** Congratulations! You're giving your back a helping hand.
- **15-29** Not bad but you may want to take a look at your back health habits.
- **30-40** Ouch! You may already be experiencing back pain which limits your lifestyle.

Lifestyle

1. Yes = 0 Sometimes = 1 No = 2
2. Yes = 2 Sometimes = 1 No = 0
3. Yes = 2 Sometimes = 1 No = 0
4. Yes = 2 Sometimes = 1 No = 0
5. Yes = 0 Sometimes = 1 No = 2

Workplace

1. Yes = 2 Sometimes = 1 No = 0
2. Yes = 2 Sometimes = 1 No = 0
3. Yes = 0 Sometimes = 1 No = 2
4. Yes = 0 Sometimes = 1 No = 2
5. Yes = 0 Sometimes = 1 No = 2

Sports/Activity

1. Yes = 0 Sometimes = 1 No = 2
2. Yes = 0 Sometimes = 1 No = 2
3. Yes = 0 Sometimes = 1 No = 2
4. Yes = 2 Sometimes = 1 No = 0
5. Yes = 0 Sometimes = 1 No = 2

At Home

1. Yes = 2 Sometimes = 1 No = 0
2. Yes = 0 Sometimes = 1 No = 2
3. Yes = 0 Sometimes = 1 No = 2
4. Yes = 2 Sometimes = 1 No = 0
5. Yes = 0 Sometimes = 1 No = 2