Q1- In the last 4 weeks, have you had pain in your lower back (in the area shown on the diagram)? Please ignore pain caused by menstruation or by an illness accompanied by fever.

Yes ☐ No ☐

Q2- If yes, was this pain bad enough to limit your usual activities or change your daily routine for more than one day?

Yes ☐ No ☐

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The body diagram was first published in Kuorinka I, Jonsson B Kilbom A et al. Standardised Nordic questionnaires for the analysis of musculoskeletal symptoms. *Applied Ergonomics* 1987, 18(3):233-7, and is used with the publisher’s permission.