

Back Pain Self-Screening Questionnaire | Hands-on Manual PT



Why Hands-On Manual Therapy?

Research shows that many common back and neck pain problems resolve with hands-on manual physical therapy. As a result, many physicians now recommend physical therapy first before prescribing expensive diagnostics, injections, and surgery.

Use this questionnaire to determine if you may benefit from hands-on manual therapy performed by a specially trained physical therapist.

12 Questions Help Determine If Hands-On Physical Therapy May Help You Avoid Unnecessary Treatments & Procedures

Yes No

- 1. Are there periods in the day when you have no pain? Even 10 minutes?
- 2. Is the pain confined to areas above the knee?
- 3. Are you generally worse when sitting for prolonged periods or upon rising from the sitting position?
- 4. Are you generally worse during or right after prolonged bending or stooping as in bed-making, vacuuming, ironing, concreting, digging or gardening?
- 5. Are you generally worse when getting up in the morning, but improve after about half an hour?
- 6. Are you generally worse when inactive and better when on the move?

Yes No

- 7. Are you generally better when walking?
- 8. Are you generally better when lying face down? When testing this, you may feel worse for the first few minutes, after which time the pain subsides. In this case, the answer to the question is "yes."
- 9. Have you had several episodes of lower back pain over the past months or years?
- 10. Are you able to move fully in all directions without pain between episodes?
- 11. Are you pain-free between episodes?
- 12. If you have pain in the buttocks or upper/lower leg, does it sometimes stop completely, even though you may still have back pain?

If you answer **YES** to **AT LEAST 4** of the questions, then a physical therapy assessment may be indicated.

In addition to the answers above, a PT assessment will help your physical therapy professional establish a *customized* plan for your unique condition.

Call 508.719.9982 (option 1) **or visit greendalept.com to submit your completed questionnaire and book your assessment today!** A physician's referral may not be required to book an assessment or start therapy.

How Hands-On Therapy Works

Hands-on manual physical therapy works by:

1. Isolating mechanical sources of pain and dysfunction.
2. Prescribing therapeutic movements and exercises targeting the source areas.
3. In conjunction with therapeutic exercise, applying hands-on manual therapy to stimulate soft-tissue healing.



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