The Keele STarT Back Screening Tool

Patient name: _______________________________    Date: _____________

Thinking about the last 2 weeks tick your response to the following questions:

1. My back pain has spread down my leg(s) at some time in the last 2 weeks
   - Disagree [ ]   - Agree [ ]

2. I have had pain in the shoulder or neck at some time in the last 2 weeks
   - Disagree [ ]   - Agree [ ]

3. I have only walked short distances because of my back pain
   - Disagree [ ]   - Agree [ ]

4. In the last 2 weeks, I have dressed more slowly than usual because of back pain
   - Disagree [ ]   - Agree [ ]

5. It’s not really safe for a person with a condition like mine to be physically active
   - Disagree [ ]   - Agree [ ]

6. Worrying thoughts have been going through my mind a lot of the time
   - Disagree [ ]   - Agree [ ]

7. I feel that my back pain is terrible and it’s never going to get any better
   - Disagree [ ]   - Agree [ ]

8. In general I have not enjoyed all the things I used to enjoy
   - Disagree [ ]   - Agree [ ]

9. Overall, how bothersome has your back pain been in the last 2 weeks?
   - Not at all [ ]    Slightly [ ]    Moderately [ ]    Very much [ ]    Extremely [ ]

   Total score (all 9): _______________    Sub Score (Q5-9): _______________
The STarT Back Tool Scoring System

Total score

3 or less
Low risk

4 or more
Sub score Q5-9

3 or less
Medium risk

4 or more
High risk

© Keele University 01/08/07
Funded by Arthritis Research UK