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

   □  □

2. I have had pain in the shoulder or neck at some time in the last 2 weeks

   □  □

3. I have only walked short distances because of my back pain

   □  □

4. In the last 2 weeks, I have dressed more slowly than usual because of back pain

   □  □

5. It’s not really safe for a person with a condition like mine to be physically active

   □  □

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6. Worrying thoughts have been going through my mind a lot of the time □ □

चिंता देव दिचान खीं नने सदी में नवे भेजे मठ चीं ना भुजे उठ चु.

7. I feel that my back pain is terrible and it’s never going to get any better □ □

मैं मेहर ओं बी भेली दृढ के चुड़े डीलगठा ते नारे दहा बरे दी द्वीपा धुलधु बाँटय सदी रही है।

8. In general I have not enjoyed all the things I used to enjoy □ □

आम तौर पर, मैं चीं दे चीं दे जय दाई भालिश में मैं नुं बघू धरेंग मठ

9. Overall, how bothersome has your back pain been in the last 2 weeks? □ □

बुंड भिला वे, पढ़े 2 जटिल में दृढ़ दंग बली न भी दूंगी दे?

Not at all Slightly Moderately Very much Extremely बलियाँ हठी बंड तेज अभमुळ घघु अभमुळ

□ □ □ □ □

Total score (all 9): ______________ Sub Score (Q5-9): _______________

बुंड मेंट (मठ 9): ______________ दूंग-मेंट (Q5-9): _______________

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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