



Level of symptoms

- 0** No symptoms
1-3 Mild definite symptoms
4-6 Moderate symptom
7-9 Severe symptoms
10 Completely disabling symptoms

Level of effect

- 0** None
1 Mild occasional effect
3 Mild constant effect
5 Moderate frequent effect
7 Moderate constant effect
9 Severe constant effect
10 Severe disabling constant effect

Abbreviated Scale of Overall Symptoms

- Overall, when you try to do normal activity, how severe is the level of symptoms in your back, thighs, legs, or feet?

0 1 2 3 4 5 6 7 8 9 10
- Overall, how do your symptoms in your back, thighs, legs, or feet affect your ability to care for your daily needs?

0 1 2 3 4 5 6 7 8 9 10
- Overall, how do the symptoms in your back, thighs, legs, or feet affect your quality of life?

0 1 2 3 4 5 6 7 8 9 10
- Overall, how do the symptoms in your back, thighs, legs, or feet affect your mood?

0 1 2 3 4 5 6 7 8 9 10
- Overall, how do the symptoms in your back, thighs, legs, or feet affect your ability to be active?

0 1 2 3 4 5 6 7 8 9 10
- Overall, how do the symptoms in your back, thighs, legs, or feet affect your ability to engage in activity as you could many years ago?

0 1 2 3 4 5 6 7 8 9 10
- Overall, how would you describe the arthritis pain in your back, hips, knees, or feet (any of above)?

0 1 2 3 4 5 6 7 8 9 10
- Overall, how do the symptoms in your back, thighs, legs, or feet affect your ability to get a full night's sleep?

0 1 2 3 4 5 6 7 8 9 10
- Overall, how do the symptoms in your back, thighs, legs, or feet affect your ability to get in and out of a bed or chair easily?

0 1 2 3 4 5 6 7 8 9 10
- Overall, how far are you usually able to **walk comfortably, without any device or help**?

0 Well over 1 mile 1 About 1 mile 2 About $\frac{3}{4}$ of a mile (7 blocks)
 3 About $\frac{1}{2}$ mile (5 blocks) 4 About $\frac{1}{4}$ mile (2½ blocks) 5 About $\frac{1}{4}$ blocks

- 6 About 1 block (500 feet) 7 About $\frac{1}{2}$ block 8 About $\frac{1}{4}$ block (125 feet)
 9 Less than 100 feet (40 steps) 10 Less than 50 feet (20 steps)

11. How much do your back, thigh, leg, or foot symptoms interfere with your ability to sleep?

- 0 My sleep is never disturbed.
 2 My sleep is only occasionally disturbed by back, foot, or leg symptoms.
 4 Because of back, foot, or leg symptoms, I often have less than 6 hours of uninterrupted sleep.
 6 Because of back, foot, or leg symptoms, I often have less than 4 hours of uninterrupted sleep.
 8 Because of back, foot, or leg symptoms, I often have less than 2 hours of uninterrupted sleep.
 10 Because of back, foot, or leg symptoms, I often have less than 1 hour of uninterrupted sleep.

Follow-up question: Have you had NEW significant symptoms develop since the treatment began?

NO YES ___Back ___Thighs ___Legs ___Feet

12. How long can you stand before you want to sit because of back, thigh, leg, or foot discomfort?

- 0 over 30 minutes 2 21–30 minutes 4 11–20 minutes
 6 6–10 minutes 8 3–5 minutes 10 Less than 3 minutes

13. How long can you walk before you want to sit because of back, thigh, leg, or foot discomfort?

- 0 over 30 minutes 2 21–30 minutes 4 11–20 minutes
 6 6–10 minutes 8 3–5 minutes 10 Less than 3 minutes

14. How far can you walk before you have some increased discomfort in your back, thighs, legs, or feet?

- 0 Well over 1 mile 1 About 1 mile 2 About $\frac{3}{4}$ of a mile (7 blocks)
 3 About $\frac{1}{2}$ mile (5 blocks) 4 About $\frac{1}{4}$ mile (2½ blocks) 5 About $\frac{1}{4}$ blocks
 6 About 1 block (500 feet) 7 About $\frac{1}{2}$ block 8 About $\frac{1}{4}$ block (125 feet)
 9 Less than 100 feet (40 steps) 10 Less than 50 feet (20 steps)

15. Overall, how far are you usually able to walk comfortably without any device or help before you must stop because of symptoms in your back, thighs, legs, or feet?

- 0 Well over 1 mile 1 About 1 mile 2 About $\frac{3}{4}$ of a mile (7 blocks)
 3 About $\frac{1}{2}$ mile (5 blocks) 4 About $\frac{1}{4}$ mile (2½ blocks) 5 About $\frac{1}{4}$ blocks
 6 About 1 block (500 feet) 7 About $\frac{1}{2}$ block 8 About $\frac{1}{4}$ block (125 feet)

9 Less than 100 feet (40 steps) 10 Less than 50 feet (20 steps)

16. How long can you sit before you want to get up because of back, thigh, leg, or foot discomfort?

- 0 over 30 minutes 2 21–30 minutes 4 11–20 minutes
 6 6–10 minutes 8 3–5 minutes 10 Less than 3 minutes

17. Overall, when you sit too long, how severe is the level of symptoms in your back, thighs, legs, or feet?

- 0 1 2 3 4 5 6 7 8 9 10