

The Patient Enablement Instrument for Back Pain

Back pain and your everyday life

When you look back at the past week
– to which degree were you able to:

handle your everyday life

understand your back problem

manage your back problem

keep your back in good health

feel confident with your health

manage your life independently

To a very low degree						To a very high degree				
0	1	2	3	4	5	6	7	8	9	10
0	1	2	3	4	5	6	7	8	9	10
0	1	2	3	4	5	6	7	8	9	10
0	1	2	3	4	5	6	7	8	9	10
0	1	2	3	4	5	6	7	8	9	10