

The Keele STarT Back Musculoskeletal Screening Tool

Patient name: _____

Date: _____

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

Disagree	Agree
0	1

1 My pain has **spread** at some time in the past 2 weeks

2 In addition to my main pain, I have had **pain elsewhere** in the last 2 weeks

3 In the last 2 weeks, I have only **walked short distances** because of my pain

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

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

6 **Worrying thoughts** have been going through my mind a lot of the time in the last 2 weeks

7 I feel that **my pain is terrible** and that and that **it's never going to get any better**

8 In general in the last 2 weeks, I have **not enjoyed** all the things I used to enjoy

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

Not at all

Slightly

Moderately

Very much

Extremely

0

0

0

1

1

Total score (all 9): _____ **Sub Score (Q5-9):** _____

The STarT Tool Scoring System

