






The "BACKACHE DISABILITY INDEX" for Low Back Pain (BADIX)

Name (initials):..... M / F Age:..... Session:..... Exam.


[1] The "BACKACHE INDEX" (BAI) Ref.: Dr. Farasyn A., The Spine Journal, 2006(5):565-71.

The patient is standing at ease in erect position, arms next to the body and feet's not together. The rater notes down the extent of the active motions and quote the intensity of pain according to a scale from 0 to 3. In total there are 5 lumbar movements and outcomes. The sum of 5 scores = the BACKACHE INDEX.

Scores examination of the trunk	5 Tests:	Performance: the patients bends...	Outcomes low back pain	Results
No irritation and normal end feel = 0	1 st test = Flexion test	 forward, as far as possible	Mid Lumbar	
Irritation but normal end feel = 1	2 nd test = Left lateral Flexion	 to the left side, as far as possible	Mid Lumbar & Right side	
Pain and nearly normal end feel = 2	3 rd test = Right lateral Flexion	 to the right side, as far as possible	Mid Lumbar & Left side	
Severe pain and reduced end feel = 3 (<i>additionally with muscular contractions</i>)	4 th test = Extension & Left lat. Flex.	 backward & to the left side, as far as possible	Mid Lumbar & Right side	
	5 th test = Extension & Right lat. Flex.	 backward & to the right side, as far as possible	Mid Lumbar & Left side	
Sum of the 5 results = the "Backache Index" =>			BAI = / 15	

[2] The "Morning Back Stiffness" score (MBS)

After a 6 hours sleep, what phrase correspond mostly to your feeling concerning your lower back pain when you want to stand up from your bed (max. first 30 minutes):

Scoring categories	Score	Result
Can stand up from my bed without restriction and I feel no irritation.....	0	Only one result ! 
Can stand up from my bed without restriction, but I feel only <i>irritation</i> ...	1	
Can stand up from my bed <i>with restriction</i> and I feel <i>irritation</i> ...	2	
Can stand up from my bed <i>with restriction</i> and I feel <i>pain</i> ...	3	
Can stand up from my bed alone but with <i>many</i> restrictions and I feel <i>much</i> pain...	4	
Can <i>not stand up alone</i> from my bed (<i>need help</i>) and I feel <i>very much</i> pain...	5	
One result of the "Morning Back Stiffness Index" =>		MBS = / 5
[1] + [2] The "Backache Disability Index" for LBP =>		BAI + MBS = BADIX / 20