

## Morning Back Stiffness Score (MBS)\*

Name:..... Birthday:...../...../.....

Patient Nr.:...../..... Date:...../...../.....

After a 6 hours sleep, what phrase correspond mostly to your feeling concerning your low back pain:

- I can stand up from my bed without restriction and I feel no irritation in my back. => [0 point]
- I can stand up from my bed ***without restriction***, but I feel ***only irritation*** in my back. => [1 point]
- I can stand up from my bed ***with restriction*** and I feel ***irritation*** in my back. => [2 points]
- I can stand up from my bed ***with restriction*** and I feel ***pain*** in my back.  
The morning stiffness duration < 30 minutes => [3 points]
- I can stand up from my bed alone but with ***many restrictions*** and I feel ***much pain*** in my back.  
The morning stiffness duration ≥ 30 minutes => [4 points]
- I ***can not stand up alone*** from my bed (***need help***) and I feel ***much pain*** in my back.  
The morning stiffness duration ≥ 30 minutes => [5 points]

Only one score

Morning Back Stiffness Score == ...../ 5