

FORM: The "BACKACHE INDEX" or BAI¹

Subject nr:...../.....Subject init..... M / F Age.....years; Ht:.....cm; Wt.....Kg; Phys. activ.: 1 = yes / 2 = no

Type of LBP: 1=central LBP 2 = bilat. LBP; 3 = LBP with ref. pain to the buttock; 4 =LBP with ref. pain to the leg.

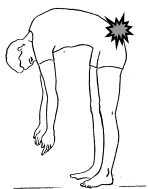
Duration of LBP: 1= <6 weeks 2= ≥6 weeks. History of LBP: 1= never / 2 = once '6 weeks LBP'.

Date:...../...../.....consultation. Examiner:..... Before / After therapy.

Instructions for the use of the tests for patients with LBP: 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 or BAI with a maximum of 15 points.

Outcome impairment examination of the trunk	Score
No irritation and full range of motion	0
Irritation but no pain at full range of motion	1
Pain but full range of motion is possible	2
Severe pain and reduced range of motion (muscular contractions possible)	3

1st test = Flexion



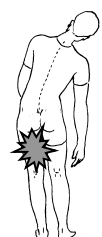
1st Outcome =>
L & R side together

2nd test = L lateral flexion



2nd Outcome =>
from midline to R side

3rd test = R lateral flexion



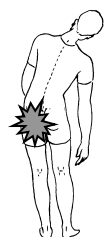
3rd Outcome =>
from midline to L side

4th test = Test Left side



4th outcome =>
from midline to R side

5th test = Test Right side



5th outcome =>
from midline to L side

Sum of the 5 outcome scores (x / 15) = BAI =>

¹ Farasyn Andre, PhD PT, DO Fac. Phys. Ed & Physiother., Vrije Univesiteit Brussels Belgium.
Validity of the BACKACHE INDEX in patients with LBP: The Spine Journal 2006,6:565-71.
E-mail: andre.farasyn@vub.ac.be andre.farasyn@telenet.be