

Treatment Intensity Score*

Please answer the questions below, choosing the answer that most closely describes your situation at present. We understand that there may be one or more alternatives that may apply to you, please choose the one you feel is most descriptive of your problem.

What medication are you taking for your pain?

0. None
1. Tylenol, Aspirin, Motrin, Alleve or other non-prescription pain medication
2. Prescription Anti-inflammatories (Relafen, Celebrex, Vioxx, etc) or Muscle Relaxants (Soma, Flexuril)
3. Vicodin, Codeine,
4. Medrol Dose Pack
5. Morphine Analogs (Oxycontin, MS Contin, Percocet, etc)

How long is the pain relieved before you need medication again?

- 0 24 hours or more (rarely take them)
- 1 12 hours
- 2 8 hours
- 3 6 hours
- 4 4 hours
- 5 Less than 4 hours

How long have you taken these medications?

0. Use them occasionally only (i.e.: do not need them every day)
1. 6 weeks
2. 3 months
3. 6 months
4. 1 year
5. 2 years or more

Have you needed to seek other treatment options, specifically because of pain in your neck or back?

0. None
1. Massage Therapy, Shiatsu, Yoga, Chiropractor
2. Acupuncture, Acupressure, Alternative Medicine Therapies
3. Supervised Physiotherapy and/or Pain Management Consult
4. Injections such as Nerve Root Blocks or Epidural Steroids
5. Spinal Cord Stimulator, Morphine Pump

How often have you had to see a Doctor, Therapist or gone to the Emergency room, specifically because of unbearable pain (disregard any routine follow-up visits)?

0. Never
1. Once in 6 months or less
2. Once in three months
3. Every 6 weeks
4. Every week or 2-3 times a week
5. Needed admission to the hospital for severe pain

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