

Musculoskeletal Health Questionnaire

1. Have you had to see a doctor in the past three years for any bone, joint or spine problems?
 - No
 - One or two visits, but no problems now
 - Many times
2. Have you ever had an orthopedic injury severe enough to result in the following:
 - Kept you out of Sports or exercise for a month?
 - Required crutches for two or more weeks?
 - Required surgery?
 - NO
3. Have you ever dislocated or separated your shoulder?
 - Yes, please explain,
 - No
4. Do you have joint swelling?
 - Yes, where _____
 - No
5. Have you lost mobility (range of motion) in any joint? For example, can you fully straighten (extend) and fully bend (flex)? Compare right to left
 - No
 - A little stiff at times, but motion is full
 - Motion is limited in one or more major joints or the spine
6. Do you have stiffness in any joints associated with any of the following conditions?
 - _ Upon awakening (i.e., until showering or moving for about 15-20 minutes)
 - _ After sitting still for more than 30 minutes
 - _ For no apparent reason
 - No
 - Only the day after a hard workout
 - Yes
7. Do your knees creak or make noise when you are going up or down stairs?
 - No
 - Yes, but no discomfort or pain
 - Yes, and does cause discomfort and/or pain
8. Do you have trouble actually ascending or descending stairs?
 - No
 - Only after going up and down multiple times
 - Yes
9. Does high barometric pressure (i.e., damp, rainy weather) make your joints ache?
 - No
 - Rarely
 - Yes, frequently
10. Have you ever had an episode of lower-back or neck pain or spasm?
 - No
 - Yes, it kept me off my feet for less than 24 hours
 - Yes, I miss work due to recurrent episodes
11. Do you have pain while lying on either shoulder at night in bed?
 - No
 - Rarely
 - Almost nightly, tossing and turning frequently to get comfortable
12. Do you have difficulty falling asleep at night or awoken during the night because of any joint or muscle discomfort?
 - No
 - Rarely or minor difficulty
 - Yes
13. Do you awaken at night with your hands or fingers "asleep"?
 - No
 - Rarely and I easily shake it off
 - Yes