

The FOTO Low Back Functional Status 10-item Short Form

Thank you for choosing to complete this assessment. These questions help your clinician create, monitor, and adjust your treatment plan over time.

There are no wrong answers. We want to know what YOU think.

When answering the questions, remember the following points:

- These questions are related to the **specific problem for which you are receiving treatment at this clinic**, rather than your overall health or unrelated medical problems.
- Answer these questions based on your status over the **past few days**.
- If you feel a question does not **exactly** apply to you or your current condition, choose the answer that fits best.
- This assessment may ask questions about activities you **cannot** or **do not currently** do. This is intentional. Understanding the full scope of activities that you can and cannot do is valuable when assessing your functional level.

Today, because of your back problem, do you or would you have any difficulty at all...	Unable to perform activity	Extreme difficulty	Quite a bit of difficulty	Moderate difficulty	A little bit of difficulty	No difficulty
1. Performing your usual work, housework, or school activities?						
2. Performing your usual hobbies, recreational, or sporting activities?						
3. Performing heavy activities around your home?						
4. Bending or stooping?						
5. Lifting a box of groceries from the floor?						
Does or would your back problem limit:	Yes, limited a lot	Yes, limited a little	No, not limited at all			
6. Vigorous activities like running, lifting heavy objects, or participating in strenuous sports?						
7. Moderate activities like moving a table, pushing a vacuum cleaner, bowling, or playing golf?						
8. Lifting or carrying items like groceries?						
9. Attending social events?						
10. Getting out of a chair?						

The FOTO Low Back Functional Status 10-item Short Form Scoring Algorithm

Scoring Instructions: The respondent must answer all of the functional questions. If any questions are skipped, the measure cannot be scored. Score the measure by summing all responses. The sum should range between 10 and 45. Find the sum in the left column and select the functional status (FS) measure score in the right column.

Unable to perform activity = 1, Extreme difficulty = 2, Quite a bit of difficulty = 3, Moderate difficulty = 4, A little bit of difficulty = 5, No difficulty = 6

Yes, limited a lot = 1, Yes, limited a little = 2, No, not limited at all = 3.

Sum	FS Measure
10	0
11	10
12	16
13	19
14	24
15	25
16	28
17	31
18	32
19	34
20	36
21	38
22	39
23	41
24	43
25	45
26	46
27	48
28	50
29	51
30	53
31	55
32	56
33	58
34	60
35	62
36	64
37	66
38	69
39	71
40	74
41	78
42	81
43	84
44	90
45	100

For more information about FOTO patient-reported outcome measures and risk adjustment, visit <https://fotoinc.com/peer-reviewed-articles/>