## Bournemouth Questionnaire Adapted to Quantify Pain or Numbness in the Arm and Hand

Name (Plea <i>PLEASE READ</i>											they are affect	ina vou
	Please answ											mg you.
1. Over the	past week	κ, on av	erage, h	ow would	d you rate	e your A	.rm/Han	ıd Pain oı	· Numbne	ess?		
	No Pain or Numbness									orst Pain or Numbness Possible		
	0	1	2	3	4	5	6	7	8	9	10	
2. Over the p	oast week,	how m	uch has	your Arm	n/Hand Pa	ain or N	lumbnes	ss interfe	red with	your daily	activities	
(housework,	washing, o	dressing	g, lifting,	reading,	driving?)							
No Interfe	erence									Unabl	e to carry out	activity
	0	1	2	3	4	5	6	7	8	9	10	
3. Over the p	ast week,	how m	uch has y	your Arm	/Hand Pa	in or N	umbnes	s interfer	ed with y	our ability	to take part	in
recreational,	social and	l family	activitie	s?								
No Interfe										Hnahl	e to carry out	activity
NO IIILEITE	rence									Ollabi	e to carry out	activity
No interre	orence 0	1	2	3	4	5	6	7	8	9	10	activity
	0									9	10	
4. Over the p	0 past week,									9 elaxing) ha	10 ave you been	feeling?
	0 past week, anxious	how ar	nxious (t	ense, upt	ight, irrit	able, di	fficulty i	n concer	itrating/r	9 elaxing) ha I	10 ave you been Extremely anx	feeling?
4. Over the p	0 past week,			ense, upt		able, di	fficulty i	n concer	itrating/r	9 elaxing) ha I	10 ave you been	feeling?
4. Over the p	0 past week, anxious 0	how ar	nxious (t	ense, upt 3	ight, irrit 4	able, di 5	fficulty i 6	in concer 7	ntrating/r 8	9 elaxing) ha I 9	10 ave you been Extremely anx 10	feeling?
4. Over the p Not at all a	0 past week, anxious 0 past week	how ar 1 , how d	nxious (t	ense, upt 3	ight, irrit 4	able, di 5	fficulty i 6	in concer 7	ntrating/r 8	9 elaxing) ha I 9 ave you be	10 ave you been Extremely anx 10	feeling?
4. Over the p Not at all a	0 past week, anxious 0 past week	how ar 1 , how d	nxious (t	ense, upt 3 d (down i	ight, irrit 4	able, di 5 mps, sad	fficulty i 6 d, pessir	n concer 7 mistic, un	ntrating/r 8	9 elaxing) ha I 9 ave you be	10  ave you been Extremely and 10  een?	feeling?
4. Over the p Not at all a	0 past week, anxious 0 past week depressed	how ar 1 , how d	nxious (to 2 epressed	ense, upt 3 d (down i	ight, irrit 4 n the dur	able, di 5 mps, sad	fficulty i 6 d, pessir	n concer 7 mistic, un	ntrating/r 8 happy) h	9 elaxing) ha 8 9 ave you be	10 Extremely and 10 Eeen? Extremely de	feeling?
4. Over the p Not at all a 5. Over the p Not at all o	0 past week, anxious 0 past week depressed 0	how ar 1 , how d	nxious (to 2 epressed 2	ense, upt 3 d (down i 3	ight, irrit 4 n the dur 4	able, di 5 mps, sad 5	fficulty i 6 d, pessir 6	n concer 7 mistic, un 7	ntrating/r 8 happy) h 8	9 elaxing) ha 9 ave you be	10 Extremely and 10 Eeen? Extremely de	feeling? ious oressed
4. Over the p Not at all a 5. Over the p Not at all o	0  past week, past week depressed 0	how ar 1 , how d 1 how ha	epressed 2 2 2 ave you f	ense, upt 3 d (down i 3	ight, irrit 4 n the dur 4	able, di 5 mps, sad 5	fficulty i 6 d, pessir 6	n concer 7 mistic, un 7	ntrating/r 8 happy) h 8	9 elaxing) ha 9 ave you be	10 Extremely and 10 Eeen? Extremely dep	feeling? ious oressed
4. Over the p Not at all a 5. Over the p Not at all o 6. Over the p your Arm/Ha	0  past week, past week depressed 0	how ar  1  , how d  1  how ha	epressed 2 2 2 ave you f	ense, upt 3 d (down i 3	ight, irrit 4 n the dur 4	able, di 5 mps, sad 5	fficulty i 6 d, pessir 6	n concer 7 mistic, un 7	ntrating/r 8 happy) h 8	9 elaxing) ha 9 ave you be 9 nas affecte	10 Extremely and 10 Eeen? Extremely dep	feeling? cious pressed
4. Over the p Not at all a 5. Over the p Not at all o 6. Over the p your Arm/Ha	0  past week,  past week depressed  0  past week, and Pain or	how ar  1  , how d  1  how ha	epressed 2 2 2 ave you f	ense, upt 3 d (down i 3	ight, irrit 4 n the dur 4	able, di 5 mps, sad 5	fficulty i 6 d, pessir 6	n concer 7 mistic, un 7	ntrating/r 8 happy) h 8	9 elaxing) ha 9 ave you be 9 nas affecte	10 Extremely and 10 Een? Extremely del 10 d (or would a	feeling? ious pressed
4. Over the p Not at all a 5. Over the p Not at all o 6. Over the p your Arm/Ha Have mad	oast week, anxious 0 past week depressed 0 past week, and Pain or de it no we	how ar 1 , how d how har Number orse 1	epressed 2 ave you finess?	ense, upt  3 d (down i  3 felt your v	ight, irrit 4 In the dur 4 work (bot	able, di 5 mps, sad 5 th insid	fficulty i  6  d, pessir  6  e and ou	n concer 7 mistic, un 7 utside the	atrating/r 8 happy) h 8 e home) h	9 elaxing) ha 9 ave you be 9 nas affecte Have 9	ave you been Extremely and 10 een? Extremely del 10 d (or would a made it muc	feeling? cious oressed ffect) h worse
4. Over the p Not at all a 5. Over the p Not at all o 6. Over the p your Arm/Ha Have mad	oast week, anxious 0 past week depressed 0 past week, and Pain or de it no we	how ar 1 , how d how har Number orse 1	epressed 2 ave you finess?	ense, upt  3 d (down i  3 felt your v	ight, irrit 4 In the dur 4 work (bot	able, di 5 mps, sad 5 th insid	fficulty i  6  d, pessir  6  e and ou	n concer 7 mistic, un 7 utside the	atrating/r 8 happy) h 8 e home) h	9 elaxing) ha 9 ave you be 9 nas affecte Have 9	10  Extremely and 10  Een?  Extremely depleted 10  d (or would a made it much 10	feeling? cious oressed ffect) h worse
4. Over the p Not at all a  5. Over the p Not at all c  6. Over the p your Arm/Ha Have mad  7. Over the p	oast week, anxious 0 past week depressed 0 past week, and Pain or de it no we	how ar  1  how had Number orse  1  how m	epressed 2 ave you finess?	ense, upt  3 d (down i  3 felt your v	ight, irrit 4 In the dur 4 work (bot	able, di 5 mps, sad 5 th insid	fficulty i  6  d, pessir  6  e and ou	n concer 7 mistic, un 7 utside the	atrating/r 8 happy) h 8 e home) h	9 elaxing) ha  9 ave you be 9 nas affecte Have 9 /Hand Pai	10  Extremely and 10  Een?  Extremely depleted 10  d (or would a made it much 10	feeling? cious oressed ffect) h worse

Total: \_\_\_\_\_/ 70 = \_\_\_\_\_% Disability Scored by:\_\_\_