

# LOW BACK PAIN STRATEGY

# The Keele STarT Back Screening Tool

This screening tool categorizes patients by risk of persistent symptoms (low, medium or high) which allows the clinician to tailor interventions appropriately.

Patient Name: \_\_\_\_\_ Age: \_\_\_\_\_

Provider Name: \_\_\_\_\_

Provider:  FP  NP Date: \_\_\_\_\_

Thinking about the <b>last 2 weeks</b> tick your response to the following questions:	Disagree (0)	Agree (1)
1. My back pain has <b>spread down my leg(s)</b> at some time in the last 2 weeks	<input type="checkbox"/>	<input type="checkbox"/>
2. I have had pain in the <b>shoulder or neck</b> at some time in the last 2 weeks	<input type="checkbox"/>	<input type="checkbox"/>
3. I have only <b>walked short distances</b> because of my back pain	<input type="checkbox"/>	<input type="checkbox"/>
4. In the last 2 weeks, I have <b>dressed more slowly</b> than usual because of back pain	<input type="checkbox"/>	<input type="checkbox"/>
5. It's not really safe for a person with a condition like mine to be physically active	<input type="checkbox"/>	<input type="checkbox"/>
6. <b>Worrying thoughts</b> have been going through my mind a lot of the time	<input type="checkbox"/>	<input type="checkbox"/>
7. I feel that <b>my back pain is terrible</b> and <b>it's never going to get any better</b>	<input type="checkbox"/>	<input type="checkbox"/>
8. In general I have <b>not enjoyed</b> all the things I used to enjoy	<input type="checkbox"/>	<input type="checkbox"/>

9. Overall, how **bothersome** has your back pain been in the **last 2 weeks**?

Not at all	Slightly	Moderately	Very much	Extremely
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
0	0	0	1	1

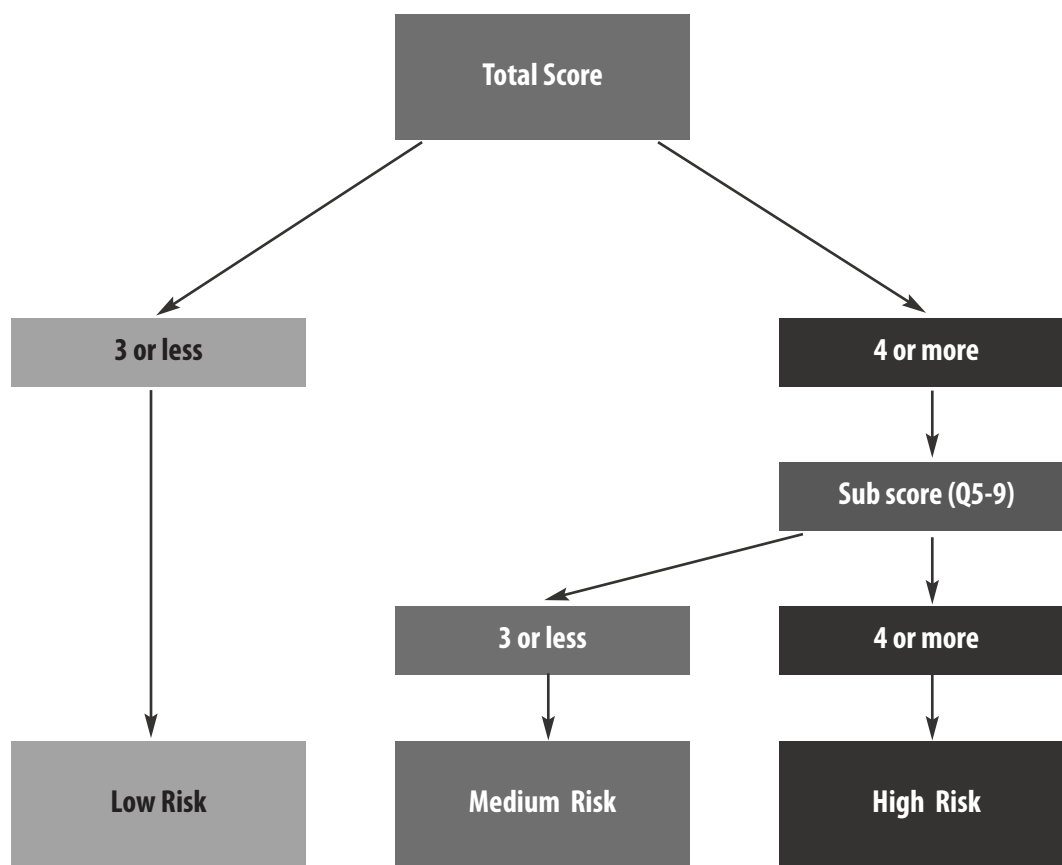
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Total score (all 9): \_\_\_\_\_ Sub score (Q5-9): \_\_\_\_\_

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## Scoring System



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Arthritis Research UK

primary care centre

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No license is required for non-commercial use. If you would like to incorporate the tool in any way into commercial product materials, please contact Keele University for further advice.

This tool is a supporting tool in the Low Back Pain Toolkit for Primary Care Providers (January 2013). The toolkit has been developed as part of the Government of Ontario's Provincial Low Back Pain Strategy, by Centre for Effective Practice, with the review and advice of the Education Planning Committee and primary care focus groups. This tool and further information on the toolkit are available at [www.effectivepractice.org/lowbackpain](http://www.effectivepractice.org/lowbackpain) and [ontario.ca/lowbackpain](http://ontario.ca/lowbackpain).

