

# Complete Wellness Chiropractic & Acupuncture

## ASSESS YOUR RISK

### What's your risk for back pain?

There is a lot you can do to minimize the stress on your back. Take this quiz to find out your risk for back pain.

#### Lifestyle

1. Do you exercise on a regular basis?	Yes	Sometimes	No
2. Do you carry a purse or backpack over one shoulder?	Yes	Sometimes	No
3. Do you wear shoes with heels more than 2" high?	Yes	Sometimes	No
4. Are you overweight?	Yes	Sometimes	No
5. Do you build stress-relieving activities into your day?	Yes	Sometimes	No

#### Workplace

1. Do you stand for long hours on your feet?	Yes	Sometimes	No
2. Does your job require frequent bending or lifting?	Yes	Sometimes	No
3. Are your computer set-up and office chair in proper alignment?	Yes	Sometimes	No
4. Do you make time for frequent stretch breaks at work?	Yes	Sometimes	No
5. Do you have a supportive chair for deskwork?	Yes	Sometimes	No

#### Sports and Physical Activity

1. Do you warm-up before beginning any sports activity?	Yes	Sometimes	No
2. Do you wear protective gear when roller-blading, playing hockey or engaging in other contact sports?	Yes	Sometimes	No
3. Does your equipment fit properly?	Yes	Sometimes	No
4. Do you push yourself hard when exercising?	Yes	Sometimes	No
5. Do you get in shape before starting a new seasonal activity?	Yes	Sometimes	No

#### At Home

1. Do you sleep on your stomach?	Yes	Sometimes	No
2. Do you have a firm mattress and a supportive pillow?	Yes	Sometimes	No
3. Do you get help from someone when lifting heavy objects?	Yes	Sometimes	No
4. Do you care for children under the age of three?	Yes	Sometimes	No
5. Do you get in shape before starting a new seasonal activity?	Yes	Sometimes	No

\*This is not a clinical diagnostic tool. Consult a health professional for a comprehensive assessment, diagnosis and treatment advice.

Add up your score using the chart below. If you scored:

0-14 Congratulations! You're giving your back a helping hand.

15-29 Not bad, but you may want to take a look at your back health habits.

30-40 Ouch! You may already be experiencing back pain which limits your lifestyle.

#### Lifestyle

1. Y=0	S=1	N=2
2. Y=2	S=1	N=0
3. Y=2	S=1	N=0
4. Y=2	S=1	N=0
5. Y=0	S=1	N=2

#### Workplace

1. Y=2	S=1	N=0
2. Y=2	S=1	N=0
3. Y=0	S=1	N=2
4. Y=0	S=1	N=2
5. Y=0	S=1	N=2

#### Sports/Activity

1. Y=0	S=1	N=2
2. Y=0	S=1	N=2
3. Y=0	S=1	N=2
4. Y=2	S=1	N=0
5. Y=0	S=1	N=2

#### At Home

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