

Dr. Colin Gage

Nicola Valley Chiropractic
2076A Granite Ave.
P.O. Box 909
Merritt, BC
V1K 1B8

Ph: (250) 378-5456
Fax: (250) 378-8259
Email: info@merrittchiro.com
Website: www.merrittchiro.com

"treating the cause of your problem, not just the symptoms"

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 knapsack 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 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 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 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. So you practice good shovelling techniques when digging or removing snow? | | | |

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 see a chiropractor to address your back health habits

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

You should definitely be seeing a chiropractor!

Lifestyle

1. Yes = 0, Sometimes = 1, No = 2
2. Yes = 2, Sometimes = 1, No = 0
3. Yes = 2, Sometimes = 1, No = 0
4. Yes = 2, Sometimes = 1, No = 0
5. Yes = 0, Sometimes = 1, No = 2

Workplace

1. Yes = 2, Sometimes = 1, No = 0
2. Yes = 2, Sometimes = 1, No = 0
3. Yes = 0, Sometimes = 1, No = 2
4. Yes = 0, Sometimes = 1, No = 2
5. Yes = 0, Sometimes = 1, No = 2

Sports/Activity

1. Yes = 0, Sometimes = 1, No = 2
2. Yes = 0, Sometimes = 1, No = 2
3. Yes = 0, Sometimes = 1, No = 2
4. Yes = 2, Sometimes = 1, No = 2
5. Yes = 0, Sometimes = 1, No = 2

At Home

1. Yes = 2, Sometimes = 1, No = 0
2. Yes = 0, Sometimes = 1, No = 2
3. Yes = 0, Sometimes = 1, No = 2
4. Yes = 2, Sometimes = 1, No = 0
5. Yes = 0, Sometimes = 1, No = 2