



# Duffy-Rath Physical Therapy, PC

<https://duffyath.com>

Our mission is the prevention of musculoskeletal and lifestyle-related disorders and disability through education, training, and research.

## BackAbility® Program Questionnaire

This is a program designed to help people with chronic back problems restore confidence to exercise and return to normal activities. First developed in 1985 by Jean Rath, PT, Dip MDT and Wayne Rath, PT, Dip MDT, CEAS II, internationally recognized leaders in the diagnosis, treatment and prevention of musculoskeletal disorders (MSD).

Research evidence is clear that exercise and activity are essential to managing and preventing chronic back pain problems. Yet, back pain is the leading cause of limited activity and exercise in working-aged adults. We call this the “Musculoskeletal Conundrum” – BackAbility® is designed to help people out of this dilemma.

The following questionnaire will help determine if you might be a good candidate for the BackAbility® program. Score each question 1, 2, 3 or 4 according to legend, then add up the total:

Question	Score (1 – 4)
	1 – No 2 – Possibly 3- Yes 4 – definitely
1. Have you ever had a back pain problem?	
2. Is your back pain persistent, never completely goes away?	
3. Does back pain stop you from exercising regularly?	
4. Does back pain stop you from doing all your normal activities at home, work, or play?	
5. Have you experienced a worsening of your back pain when attempting to exercise or returning to normal activities?	
<b>Total Score:</b>	

**If you score  $\geq 15$** , this program is designed for you to help find the best way to return to exercise and activity. If you scored  **$< 15$** , a shortened program is available to help you recognize warning signals of a recurrent low back pain problem and react effectively.

Reach out to us for more information about the program and how to get it started.

**Contact:** Wayne Rath, PT, Dip MDT, CEAS II  
Director of Education, Research and Ergonomics  
[wayne@duffyath.com](mailto:wayne@duffyath.com) (include BackAbility in the heading of the email)

If your employer has a Duffy-Rath System (DRS) prevention and ergonomics program onsite bring your questionnaire results to your onsite DRS Prevention Specialist.