Youth Back Activity Questionnaire
(YouthBAQ)

	No pain or difficulty (3)	I have pain, but it does not limit activity (2)	The pain limits my activity a bit (1)	The pain limits my activity a lot, or not allowed/unable (0)
1. Walking				
2. Sitting				
3. Personal care (washing, dressing, hair, etc.)				
4. Lifting heavy objects				
5. Squatting				
6. Bending forward				
7. Bending backward				
8. Lying down				
9. Carrying backpack				
10. Pushing and pulling				
11. Running				
12. Jumping				
13. Twisting and turning				
14. Ability to participate in your desired activity/sport for as long as you would like				

Scoring: All items are summed to achieve the total raw score (0-42). Raw scores are transformed into the final score (0-100). Raw scores are transformed by finding the accompanying score in Table 1.

Total Raw Score ____/42. Final Score ____/100

NATIONWIDE CHILDREN'S®
When your child needs a hospital, everything matters.

TABLE 1. Raw score to Final Score Transformation Table.

Raw Score	Final Score
0	0
1	11
2	18
3	22
4	25
5	28
6	30
7	32
8	34
9	36
10	37
11	38
12	40
13	41
14	42
15	44
16	45
17	46
18	47
19	48
20	49
21	51
22	52
23	53
24	54
25	55
26	56
27	57
28	59
29	60
30	61
31	62
32	64
33	65
34	67
35	69
36	70
37	73
38	75
39	78
40	82
41	89
42	100