

## The Back Pain Function Scale (BPFS) of Stratford et al

Overview:

Stratford et al developed the Back Pain Function Scale (BPFS) to evaluate functional ability in patients with back pain. The authors are from McMaster University Appalachian Physical Therapy (Georgia) and Virginia Commonwealth University.

Measures:

- (1) any of your usual work housework or school activities
- (2) your usual hobbies recreational or sporting activities
- (3) performing heavy activities around your home
- (4) bending or stooping
- (5) putting your shoes or socks (or stockings or pantyhose)
- (6) lifting a box of groceries from the floor
- (7) sleeping
- (8) standing for 1 hour
- (9) walking 1 mile
- (10) going up or down 2 flights of stairs (about 20 steps)
- (11) sitting for 1 hour
- (12) driving for 1 hour

Responses	Points
unable to perform activity	0
extreme difficulty	1
quite a bit of difficulty	2
moderate difficulty	3
a little bit of difficulty	4
no difficulty	5

total score = SUM(points for all 12 measures)

adjusted total score = (total score) / 60

Interpretation:

- minimum score: 0
- maximum score: 60
- maximum adjusted score: 1 (100%)
- The higher the score the greater the patient's functional ability.

<b>Total Score (Adjusted)</b>	<b>Interpretation</b>
0 (0%)	unable to perform any activity
60 (100%)	no difficulty in any activity

Performance (page 2098):

- Test-retest reliability: 0.88
- Internal consistency: 0.93
- The score strongly correlates with the Roland-Morris questionnaire.

References:

Stratford PW Binkley JM et al. Development and initial validation of the Back Pain Functional Scale. Spine. 2000; 25: 2095-2102 (Appendix A page 2101).