

Physical Functional Ability Questionnaire (FAQ5)

This tool has not been validated for research; however, work group consensus was to include it as an example due to the lack of other validated and easy-to-use functional assessment tools for chronic pain.

Instructions: Circle the number (1-4) in each of the groups that best summarizes your ability. Add the numbers and multiply by 5 for total score out of 100.

Self-care ability assessment

1. Require total care: for bathing, toilet, dressing, moving and eating
2. Require frequent assistance
3. Require occasional assistance
4. Independent with self-care

Family and social ability assessment

1. Unable to perform any: chores, hobbies, driving, sex and social activities
2. Able to perform some
3. Able to perform many
4. Able to perform all

Movement ability assessment

1. Able to get up and walk with assistance, unable to climb stairs
2. Able to get up and walk independently, able to climb one flight of stairs
3. Able to walk short distances and climb more than one flight of stairs
4. Able to walk long distances and climb stairs without difficulty

Lifting ability assessment

1. Able to lift up to 10 lbs. occasionally
2. Able to lift up to 20 lbs. occasionally
3. Able to lift up to 50 lbs. occasionally
4. Able to lift over 50 lbs. occasionally

Work ability assessment

1. Unable to do any work
2. Able to work part-time **and** with physical limitations
3. Able to work part-time **or** with physical limitations
4. Able to perform normal work

Physical Functional Ability (FAQ5) Score

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