

# Walk with Ease

a program for better living



## Starting Point-Self Test Information

This form is for individuals to find a comfortable spot to start when it comes to exercise including walking. It is important to start slowly if this is the first time exercising.

Go through the form on page 1 filling out the questions honestly, then look at the 2nd page to tell you how you should move forward with exercise based on each section of the test.

# Walk With Ease in the Worksite

## Starting Point Self-test

### Pain

Please circle the number that describes how much physical pain your arthritis has caused during the past week.

0      1      2      3      4      5      6      7      8      9      10  
No pain As bad as it can be

### Fatigue

Please circle the number that describes how much of a problem fatigue has been for you during the past week.

0      1      2      3      4      5      6      7      8      9      10  
No problem A major problem

### Physical Limitations

the following items are about activities you might do during a typical day. Does your health now *limit* you in these activities? if so, how much? (Circle one number on each line.)

|   | Not<br>at all | Yes,<br>a little | Yes,<br>a lot |
|---|---------------|------------------|---------------|
| <i>Vigorous activities</i> , such as running, lifting heavy objects, participating in strenuous sports  | 1             | 2                | 3             |
| <i>Moderate activities</i> , such as moving a table, pushing a vacuum cleaner, bowling, or playing golf | 1             | 2                | 3             |
| Lifting or carrying groceries   | 1             | 2                | 3             |
| Climbing <i>several</i> flights of stairs   | 1             | 2                | 3             |
| Climbing <i>one</i> flight of stairs  | 1             | 2                | 3             |
| Bending, kneeling, or stooping  | 1             | 2                | 3             |
| Walking <i>more</i> than a mile   | 1             | 2                | 3             |
| Walking <i>several hundred yards</i>  | 1             | 2                | 3             |
| Walking <i>one hundred yards</i>  | 1             | 2                | 3             |
| Bathing or dressing yourself  | 1             | 2                | 3             |

Add up all the circled numbers and write your total Physical limitations score in the box:

## Starting Point Self-test Scoring instructions

### Pain

If your score was:

**1-3** Pain is probably not your main concern. You may want to make pain management a lower priority for now and focus on other topics in the book.

**4-7** Pain is probably an important concern for you. Many of the suggestions in this book will help you to reduce your pain. information on pain management can be found in Chapters 4 and 6.

**8-10** Pain is probably a main problem for you. tell your health care practitioner that you're experiencing a lot of pain. Medication or a change in medication may help. Many of the suggestions in this book will help you to manage your pain. information on pain management can be found in Chapters 4 and 6.

### Fatigue

**1-3** Fatigue is probably not your main concern. You may want to make fatigue management a lower priority for now and focus on other topics in the book.

**4-7** Fatigue is probably an important concern for you. Many of the suggestions in this book will help you to reduce your fatigue. information on fatigue management can be found in Chapters 4 and 6.

**8-10** Fatigue is probably a main problem for you. tell your health care practitioner if you're experiencing a lot of fatigue. some medications may cause fatigue. information on fatigue management can be found in Chapters 4 and 6.

### Physical Limitations

**10-15** You probably don't have many physical limitations. information in Chapter 5 and the exercises in appendix B will give you ideas for improving your muscle flexibility, strength, and endurance.

**16-22** You have some physical limitations, which can probably be improved if you increase your muscle flexibility, strength, and endurance. Chapter 5 and the exercises in appendix B will give you ideas for improving your muscle flexibility, strength, and endurance.

**23-30** You have many physical limitations. the good news is that consistent exercise will probably help you improve your physical activities. information in Chapter 5 and the exercises in appendix B may give you ideas for improving your muscle flexibility, strength, and endurance, but check with your health care practitioner for more suggestions.