

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.



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 As bad
 pain 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 A major
 problem problem

Physical Limitations

The following items are about activities you might do during a typical day. Circle one number on each line that best refers to your abilities.

<i>Does your health limit you in:</i>	Not at all	Very little	Some-what	Quite a lot	Unable to do
Doing vigorous activities (running, lifting heavy objects)?	1	2	3	4	5
Walking more than a mile?	1	2	3	4	5
Climbing one flight of stairs?	1	2	3	4	5
Lifting or carrying groceries?	1	2	3	4	5
Bending, kneeling, or stooping?	1	2	3	4	5

<i>Are you able to:</i>	No difficulty	Little difficulty	Some difficulty	Much difficulty	Unable to do
Do chores such as vacuuming or yard work?	1	2	3	4	5
Dress yourself, including tying shoe laces and doing buttons?	1	2	3	4	5
Shampoo your hair?	1	2	3	4	5
Wash and dry your body?	1	2	3	4	5
Get on and off the toilet?	1	2	3	4	5

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

Based on PROMIS Physical Function Static Form, <http://www.nihpromis.org>

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

If your score was:

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

If your score was:

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.

16–30 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.

31–50 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.