The Keele STarT Back Musculoskeletal Screening Tool

Patient name: _______________________________ Date: ______________

Thinking about the last 2 weeks tick your response to the following questions:

1. My pain has spread at some time in the past 2 weeks

2. In addition to my main pain, I have had pain elsewhere in the last 2 weeks

3. In the last 2 weeks, I have only walked short distances because of my pain

4. In the last 2 weeks, I have dressed more slowly than usual because of my pain

5. It’s really not safe for a person with a condition like mine to be physically active

6. Worrying thoughts have been going through my mind a lot of the time in the last 2 weeks

7. I feel that my pain in terrible and that and that it’s never going to get any better

8. In general in the last 2 weeks, I have not enjoyed all the things I used to enjoy

9. Overall, how bothersome has your pain been in the last 2 weeks?

Not at all  Slightly  Moderately  Very much  Extremely
0       0       0       1       1

Total score (all 9): _______________ Sub Score (Q5-9): _______________

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The STarT Tool Scoring System

Total score

3 or less
Low risk

4 or more
Sub score Q5-9

3 or less
Medium risk

4 or more
High risk

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