

Dougados Functional Index

Please check the one response which best describes your usual abilities

| Questions: | Answers: | | |
|------------------------------------|-------------------------|--------------------------|-------|
| | Yes, with no difficulty | Yes, but with difficulty | No |
| Can you | | | |
| 1. Put on your shoes | _____ | _____ | _____ |
| 2. Pull on trousers | _____ | _____ | _____ |
| 3. Pull on a pullover | _____ | _____ | _____ |
| 4. Get into a bathtub | _____ | _____ | _____ |
| 5. Remain standing 10 min. | _____ | _____ | _____ |
| 6. Climb 1 flight of stairs | _____ | _____ | _____ |
| 7. Run | _____ | _____ | _____ |
| 8. Sit down | _____ | _____ | _____ |
| 9. Get up from a chair | _____ | _____ | _____ |
| 10. Get into a car | _____ | _____ | _____ |
| 11. Bend over to pick up an object | _____ | _____ | _____ |
| 12. Crouch | _____ | _____ | _____ |
| 13. Lie down | _____ | _____ | _____ |
| 14. Turn in bed | _____ | _____ | _____ |
| 15. Get out of bed | _____ | _____ | _____ |
| 16. Sleep on your back | _____ | _____ | _____ |
| 17. Sleep on your stomach | _____ | _____ | _____ |
| 18. Do your job or housework | _____ | _____ | _____ |
| 19. Cough or sneeze | _____ | _____ | _____ |
| 20. Breathe deep | _____ | _____ | _____ |