

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	_____	_____	_____

“Score interpretation: Score ranges from 0–40, with higher values reflecting higher functional impairment (worse physical functioning).”