

BACK BOURNEMOUTH QUESTIONNAIRE

SCORING

Patient Name _____ Date _____

Examiner _____

The Back Bournemouth Questionnaire is used mainly for comparative purposes.

The first step is to obtain a **Baseline Score** which is best done on the day of the initial examination. This is done by summing up the 7 individual scores (total maximum score = 70).

This score is then later compared with **Subsequent Scores**.

Comparison of the Baseline Score with a Subsequent Score

Step 1: Sum up the 7 individual scores (total 70)

Step 2: Divide the raw change score with the Baseline Score and then multiply by 100.
(raw change score / baseline score) x 100

Example:

Suppose the Baseline Score was 60 and the Subsequent Score is 35.

$$(35 / 60) \times 100 = 58.3$$

This means that there has been a 58.3% improvement from the Baseline Score to the Subsequent Score.

Interpretation

Low Back: 47% is estimated to be a clinically significant change for the low back.