

# Dr. Rachael Elizabeth

PHYSICAL THERAPIST | WOMEN'S HEALTH COACH

To what extent do you find it problematic to carry out the activities listed below because of pelvic girdle pain? For each activity tick ( ✓ ) the box that best describes how you are today.

## Pelvic Girdle Questionnaire

How problematic is it for you because of your pelvic girdle pain to:	Not at all (0)	To a small extent (1)	To some extent (2)	To a large extent (3)
1. Dress yourself				
2. Stand for less than 10 minutes				
3. Stand for more than 60 minutes				
4. Bend down				
5. Sit for less than 10 minutes				
6. Sit for more than 60 minutes				
7. Walk for less than 10 minutes				
8. Walk for more than 60 minutes				
9. Climb stairs				
10. Do housework				
11. Carry light objects				
12. Carry heavy objects				
13. Get up/sit down				
14. Push a shopping cart				
15. Run				
16. Carry out sporting activities*				
17. Lie down				
18. Roll over in bed				
19. Have a normal sex life*				
20. Push something with one foot				

\*If not applicable, write "NA"

<b>How much pain do you experience:</b>	<b>None (0)</b>	<b>Some (1)</b>	<b>Moderate (2)</b>	<b>Considerable (3)</b>
21. In the morning				
22. In the evening				

<b>To what extent because of pelvic girdle pain:</b>	<b>Not at all (0)</b>	<b>To a small extent (1)</b>	<b>To some extent (2)</b>	<b>To a large extent (3)</b>
23. Has your leg/have your legs given way?				
24. Do you do things more slowly?				
25. Is your sleep interrupted?				

**Maximum Score 75**

**% Disability= (total score/75) x 100**

**Reference**

Stuge B, Garratt A, Jenssen H, Grotle M. The Pelvic Girdle Questionnaire: A Condition-Specific Instrument for Assessing Activity Limitations and Symptoms in People with Pelvic Girdle Pain. *Physical Therapy*. July 2011; 91(7): 1096-1108.