

TABLE E-1 The Muscular Dystrophy Spine Questionnaire Individual Items*	
	<p>Last week how difficult was it to . . .</p> <ol style="list-style-type: none"><li>1. Get dressed</li><li>2. Go to the toilet</li><li>3. Lean forward and reach out in front of me</li><li>4. Move myself around in bed</li><li>5. Write (eg, a short note and sign it)</li><li>6. Do up my zipper</li><li>7. Sit up in bed</li><li>8. Lift my arms to reach</li><li>9. Lift my head while lying down</li><li>10. Transfer or move from one position to another</li><li>11. Use both hands (eg, put toothpaste on my toothbrush)</li><li>12. Use 1 hand and arm for balance while reaching in front with the other hand</li><li>13. Hold a spoon or fork by myself as part of a meal</li><li>14. Lift a cup/glass to my mouth by myself to drink</li><li>15. Sit comfortably in a good position, in my wheelchair all day</li><li>16. Shift weight or change my hip position in my wheelchair</li><li>17. Use the computer</li><li>18. Finish brushing my teeth</li><li>19. Change my arm position in my arm rests</li><li>20. Turn to reach for something</li><li>21. Bend forward to eat</li><li>22. Sit in my chair all day without breaks</li><li>23. Sleep comfortably in bed</li><li>24. Sit at the table for meals</li><li>25. Bend forward to drink from a straw</li><li>26. Keep my balance while sitting in my wheelchair</li><li>27. Look good while sitting in my wheelchair</li></ol> <p>Last week, how bad was . . .</p> <ol style="list-style-type: none"><li>28. Pain in my hips and back</li><li>29. Feeling out of breath when I'm sitting crooked</li></ol>
<p>*Items 1 through 27 are scored as 0 (I can't do it), 1 (very difficult), 2 (moderately difficult), 3 (a little difficult), and 4 (not difficult), and items 28 and 29 are scored as 0 (extremely bad), 1 (very bad), 2 (bad), 3 (a little bit bad), and 4 (not a problem). (Reproduced, with modification, from: Wright JG, Smith PL, Owen JL, Fehlings D. Assessing functional outcomes of children with muscular dystrophy and scoliosis: the Muscular Dystrophy Spine Questionnaire. J Pediatr Orthop. 2008 Dec;28[8]:840-5. Reproduced with permission.)</p>	