

PART X

Section A

1. Generalized bone tenderness and achiness	0	1	2	3
2. Localized bone pain	0	1	2	3
3. Bone deformity with or without swelling	0	1	2	3
4. Shins hurt during or after exercise	0	1	2	3
5. Low back or hip pain	0	1	2	3
6. Difficulty sitting straight	0	1	2	3
7. Limp, walking difficulties	0	1	2	3
8. Crunching or creaking sounds when move joints	0	1	2	3
9. Hands, feet, throat spasm or feel numb	0	1	2	3
10. Joint pain and stiffness - especially spine, hips, knees	0	1	2	3
11. Hearing loss, headaches, ringing in ears	0	1	2	3
12. Cavities within the last two years	N			Y (5)
13. Tooth loss due to gum disease	N			Y (5)
14. Established bone loss	N			Y (10)
15. Calcium deposits around joints	N			Y (5)
16. Spinal curvature	N			Y (10)
17. Recent loss of height	N			Y (10)
18. Bow legs	N			Y (5)
19. Stooped posture	N			Y (5)
20. Hump at base of neck	N			Y (5)
21. Irregular patches of increased pigmentation	N			Y (3)
22. Unexplained bone fracture	N			Y (10)

Total Points _____

Section B

1. Muscle aches and pains	0	1	2	3
2. Muscle stiffness, tension	0	1	2	3
3. Specific points on body feel sore when pressed	0	1	2	3
4. Headache:	0	1	2	3
5. Fatigue, tired, sluggish	0	1	2	3
6. Difficulty sleeping	0	1	2	3
7. Feel unrefreshed upon awakening	0	1	2	3
8. Difficulty speaking/swallowing	0	1	2	3
9. Muscle cramps or spasm	0	1	2	3
10. Muscles twitch or tremble - eyelids, thumb, calf muscle	0	1	2	3
11. Irresistible urge to move legs	0	1	2	3
12. Legs move during sleep	0	1	2	3
13. Unpleasant crawling sensation inside the calves, while lying down	0	1	2	3
14. Excessive joint mobility	0	1	2	3
15. Unable to fully straighten or extend legs and/or arms	0	1	2	3
16. Upper or lower back pain	0	1	2	3
17. Loss of muscle strength	N			Y (3)
18. Muscle loss, wasting	N			Y (3)
19. Numbing, tingling sensation	N			Y (3)

Total Points _____

Section C

1. Joint stiffness, soreness, swelling	0	1	2	3
2. Red, swollen, painful joints	0	1	2	3
3. Joint stiffness improves when resting, worsens with movement	0	1	2	3
4. Dry mouth	0	1	2	3
5. Dry painful eyes	0	1	2	3
6. Joint stiffness worsens with rest, improves with movement	0	1	2	3
7. Cracking joints	0	1	2	3
8. Limp	0	1	2	3
9. Shooting, aching, tingling pain down the back of leg	0	1	2	3

Section C (continued)

10. Joint pain involves one or a few joints	0	1	2	3
11. Joints hurt when moving or when carrying weight	0	1	2	3
12. Difficulty standing up from sitting position	0	1	2	3
13. Headache	0	1	2	3
14. Difficulty chewing food or opening mouth	0	1	2	3
15. Intermittent pain, ache on one side of head spreading to cheek, temple, lower jaw, ear, neck and shoulder	0	1	2	3
16. Numbness, prickling, tingling sensation in the neck, shoulder and arms	0	1	2	3
17. Injure, strain, sprain easily	0	1	2	3
18. Discomfort or pain in neck, shoulder or arm	0	1	2	3
19. Involuntary muscle spasms	0	1	2	3
20. Deliberate movement with hands are difficult	0	1	2	3
21. Red, painless skin lumps on elbows, knees, toes, ear, nose, back of scalp	N			Y (5)
22. Knobby overgrowths on the joints closest to the fingertips	N			Y (5)
23. Muscle loss around inflamed joint	N			Y (10)
24. Double jointed	N			Y (3)
25. One leg shorter than the other	N			Y (5)
26. Walk slowly	N			Y (3)
27. Limited range of motion	N			Y (3)

Total Points _____

Section D

1. Head feels heavy	0	1	2	3
2. Light headedness/fainting	0	1	2	3
3. Ringing/buzzing in ears	0	1	2	3
4. Trembling hands	0	1	2	3
5. Limbs feel too heavy to hold up	0	1	2	3
6. Loss of feeling in hands and/or feet (toes)	0	1	2	3
7. Tingling sensation followed by numbness, or pain begins in hands and feet and spreads toward the center of your body	0	1	2	3
8. Unsteady gait, lose balance	0	1	2	3
9. Muscles feel weak	0	1	2	3
10. Weak grip with spasm and arm weakness	0	1	2	3
11. Exhaustion on slightest effort	0	1	2	3
12. Need for 10-12 hours sleep	0	1	2	3
13. Muscular weakness begins in leg and moves upward	0	1	2	3
14. Difficulty walking, moving around, handling small objects	0	1	2	3
15. Nervous, anxious	0	1	2	3
16. Confused, forgetful	0	1	2	3
17. Slowed or slurred speech	0	1	2	3
18. Difficulty breathing	0	1	2	3
19. Blurred vision	0	1	2	3
20. Eyelids droop	0	1	2	3
21. Accident prone - trip, stumble, feel clumsy	N			Y (5)
22. Impaired hearing, eyesight, sense of touch, smell, taste	N			Y (15)
23. Convulsions	N			Y (15)

Total Points _____