This is a list of phrases which other patients have used to express how the view their condition. Please mark the number that best describes how you feel about each statement.

1. I’m afraid I might injure myself if I exercise.

\_1. Strongly Disagree \_2. Somewhat Disagree \_3. Somewhat Agree \_4. Strongly Agree

2. If I were to try to overcome it, my pain would increase.

\_1. Strongly Disagree \_2. Somewhat Disagree \_3. Somewhat Agree \_4. Strongly Agree

3. My body is telling me I have something dangerously wrong.

\_1. Strongly Disagree \_2. Somewhat Disagree \_3. Somewhat Agree \_4. Strongly Agree

4. People aren’t taking my medical condition serious enough.

\_1. Strongly Disagree \_2. Somewhat Disagree \_3. Somewhat Agree \_4. Strongly Agree

5. My accident/problem has put my body at risk for the rest of my life.

\_1. Strongly Disagree \_2. Somewhat Disagree \_3. Somewhat Agree \_4. Strongly Agree

6. Pain always means I have injured my body.

\_1. Strongly Disagree \_2. Somewhat Disagree \_3. Somewhat Agree \_4. Strongly Agree

7. Simply being careful that I do not make any unnecessary movements is the safest thing I can do to prevent my pain from worsening.

\_1. Strongly Disagree \_2. Somewhat Disagree \_3. Somewhat Agree \_4. Strongly Agree

8. I wouldn’t have this much pain if there wasn’t something potentially dangerous going on in my body.

\_1. Strongly Disagree \_2. Somewhat Disagree \_3. Somewhat Agree \_4. Strongly Agree

9. Pain lets me know when to stop exercising so that I don’t injure myself.

\_1. Strongly Disagree \_2. Somewhat Disagree \_3. Somewhat Agree \_4. Strongly Agree

10. I can’t do all the things normal people do because it’s too easy for me to get injured.

\_1. Strongly Disagree \_2. Somewhat Disagree \_3. Somewhat Agree \_4. Strongly Agree

11. No one should have to exercise when he/she is in pain.

 \_1. Strongly Disagree \_2. Somewhat Disagree \_3. Somewhat Agree \_4. Strongly Agree

Note:

Scoring - Sum all responses (range 11 to 44) for an overall score. Higher scores signify greater fear of re-injury due to movement.

Reference

Woby et al. (2005), Psychometric properties of the TSK-11: A shortened version of the Tampa Scale for Kinesiophobia. Pain, 117, 137-144.