

VISA-H QUESTIONNAIRE



Patient Name: _____

Date: _____

Instructions: In this questionnaire, the term "pain" refers specifically to pain in the buttock region

1. For how many minutes can you sit/can you drive a car pain free?

0 minutes 0 1 2 3 4 5 6 7 8 9 10 100 minutes

2. How much pain do you have during or immediately after stretching your posterior thigh/hamstring (keeping knee straight)?

Strong severe pain 0 1 2 3 4 5 6 7 8 9 10 No pain

3. How much pain do you have during or immediately after normal running?

Strong severe pain 0 1 2 3 4 5 6 7 8 9 10 No pain

4. How much pain do you have during or immediately after sprinting?

Strong severe pain 0 1 2 3 4 5 6 7 8 9 10 No pain

5. How much pain do you have during or immediately after a full weight-bearing lunge?

Strong severe pain 0 1 2 3 4 5 6 7 8 9 10 No pain

6. How much pain do you have during or immediately after lifting an object from the floor (keeping knee straight)?

Strong severe pain 0 1 2 3 4 5 6 7 8 9 10 No pain

7. Are you currently undertaking sport or other physical activity?

0	Not at all	
4	Modified training ± modified competition	
7	Full training ± competition but not at same level as when symptoms began	
10	Competing at the same or higher level as when symptoms began	

8. Please complete EITHER A, B or C in this question.

- If you have **no pain while undertaking sports** please complete **Q8a only**.
- If you have **pain while undertaking sports but it does not stop you from completing the activity**, please complete **Q8b only**.
- If you have **pain that stops you from completing sports**, please complete **Q8c only**.

A. If you have no pain while undertaking sports, for how long can you train/practise?

0-20 minutes	21-40 minutes	41-60 minutes	61-90 minutes	>90 minutes
0	7	14	21	30

B. If you have some pain while undertaking sport, but it does not stop you from completing your training/practice for how long can you train/ practise?

0-15 minutes	16-30 minutes	31-45 minutes	46-60 minutes	> 60 minutes
0	4	10	14	20

C. If you have pain that stops you from completing your training/practice in sporting activities, for how long can you train/practise?

NIL	1-10 minutes	11-20 minutes	21-30 minutes	>30 minutes
0	2	5	1	1

TOTAL SCORE (_____ /100) = _____ %

