

BATH ANKYLOSING SPONDYLITIS FUNCTIONAL INDEX (BASFI)
VERSIUNEA ROMANEASCA VALIDATA

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1. Incaltatul ciorapilor/sosetelor fara ajutor a fost:

usor

0	1	2	3	4	5	6	7	8	9	10
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 imposibil

2. Aplecatul dupa un creion aflat pe podea , fara sa va ajutati de ceva a fost :

usor

0	1	2	3	4	5	6	7	8	9	10
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 imposibil

3. Intinsul dupa un obiect aflat pe un raft inalt a fost

usor

0	1	2	3	4	5	6	7	8	9	10
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 imposibil

4. Ridicatul de pe scaun fara ajutor a fost :

usor

0	1	2	3	4	5	6	7	8	9	10
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 imposibil

5. Ridicatul fara sprijin de pe podea a fost :

usor

0	1	2	3	4	5	6	7	8	9	10
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 imposibil

6. Statul in picioare pe loc, fara discomfor timp de 10 minute a fost:

usor

0	1	2	3	4	5	6	7	8	9	10
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 imposibil

7. Urcatul a 12-15 trepte (un etaj pe scari) fara folosirea balustradei sau alt ajutor a fost

usor

0	1	2	3	4	5	6	7	8	9	10
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 imposibil

8. Privitul peste umar fara intoarcerea corpului a fost :

usor

0	1	2	3	4	5	6	7	8	9	10
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 imposibil

9. Activitatile solicitante precum kinetoterapia , munca in gradina , sportul preferat le-ati efectuat :

usor

0	1	2	3	4	5	6	7	8	9	10
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 imposibil

10. Realizarea activitatilor dintr-o zi , acasa si la serviciu a fost :

usor

0	1	2	3	4	5	6	7	8	9	10
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 imposibil