

# Bath Ankylosing Spondylitis Functional Index (BASFI)

PLEASE DRAW A MARK ON EACH LINE BELOW TO INDICATE YOUR LEVEL OF ABILITY WITH EACH OF THE FOLLOWING ACTIVITIES DURING THE LAST WEEK:

EXAMPLE:

EASY \_\_\_\_\_ IMPOSSIBLE  
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(1) Putting on your socks or tights without help or aids (e.g. sock aid)

EASY \_\_\_\_\_ IMPOSSIBLE

(2) Bending forward from the waist to pick up a pen from the floor without an aid

EASY \_\_\_\_\_ IMPOSSIBLE

(3) Reaching up to a high shelf without help or aids (e.g. helping hand)

EASY \_\_\_\_\_ IMPOSSIBLE

(4) Getting up out of an armless dining room chair without using your hands or any other help

EASY \_\_\_\_\_ IMPOSSIBLE

(5) Getting up off the floor without help from lying on your back

EASY \_\_\_\_\_ IMPOSSIBLE

(6) Standing unsupported for 10 minutes without discomfort

EASY \_\_\_\_\_ IMPOSSIBLE

(7) Climbing 12 – 15 steps without using a handrail or walking aid  
**One foot on each step**

EASY \_\_\_\_\_ IMPOSSIBLE

(8) Looking over your shoulder without turning your body

EASY \_\_\_\_\_ IMPOSSIBLE

(9) Doing physically demanding activities (e.g. physiotherapy exercises, gardening or sports)

EASY \_\_\_\_\_ IMPOSSIBLE

(10) Doing a full day's activities whether it be at home or at work

EASY \_\_\_\_\_ IMPOSSIBLE