BASFIBath Ankylosing Spondylitis Functional Index



ting on										1	1 71	
	your soci	ks or ti	ghs wi	thout l	help or	aids (e.g. soc	ck aid)				
	easy 0	1	2	3	4	5	6	7	8	9	impossible 10	
iding fo	rward fro	om the	waist	to pick	upar	oen fro	om the	floor w	ithout	an aid	I	
8	easy 0	1	2	3	1 4	5	6	7	8	9	impossible	
			e 1/1						1.			
iching i	easy	sh sheli	f witho	out hel	p or aid	ds (e.g	. helpii	ig hand	a) ——		impossible	
	0	1	2	3	4	5	6	7	8	9	10	
ting up	out of an	armle	ss dini	ng roo	m chai	ir with	out usi	ing you	r hand	ls or a	ny other help	
	easy 0	1	2	3	4	5	6	7	8	9	impossible 10	
ting up	off the flo	or wit	hout h	elp fro	m lyin	g on y	our ba	ck				
	easy 0	1	2	3	4	5	6	7	8	9	impossible 10	
nding u	nsupport	ed for	10 min	utes w	ithout	discor	nfort					
	easy 0	1	2	3	4	5	6	7	8	9	impossible 10	
nbing 1	2–15 step	s with	out usi	ng a h	andrai	l or wa	alking	aid, on	e foot o	on eacl		
	easy 0	1	2	3	4	5	6	7	8	9	impossible 10	
king ov	er your s	houlde	er with	out tui	rning y	our bo	ody					
	easy 0	1	2	3	4	5	6	7	8	9	impossible 10	
ng phys		nandir	ıg acti	vities (e.g. ph	ysioth	erapy 6	exercis	es, garo	dening	or sports)	
	easy 0	1	2	3	4	5	6	7	8	9	impossible 10	
ng a ful	ll day's ac	tivities	s whetl	ner it b	e at ho	ome or	at wo	r k				
	easy 0	1	2	3	4	5	6	7	8	9	impossible 10	