(7) 香港中文版的患者自评前臂评估问卷：痛楚量表

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|  | 请用0-10分为准则，圈出你上星期网球肘的平均痛楚。“0”指你没有任何痛楚。“10”分是指痛楚的程度是超乎你所想的。请圈出你上周痛楚的程度 | 无痛 |  |  |  |  |  |  |  |  |  | 痛到难以想象 |
| 1. | 当你休息时 (睡眠时除外) | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 2. | 当你重复使用患肢时 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 3. | 当你痛楚最轻微时(如没有痛请圈0) | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 4. | 当你最痛时 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 5. | 提着一袋超级市场的杂物回家 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |