(7) 香港中文版的患者自評前臂評估問卷：痛楚量表

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|  | 請用0-10分為準則，圈出你上星期網球肘的平均痛楚。“0”指你沒有任何痛楚。“10”分是指痛楚的程度是超乎你所想的。請圈出你上週痛楚的程度 | 無痛 |  |  |  |  |  |  |  |  |  | 痛到難以想像 |
| 1. | 當你休息時 (睡眠時除外) | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 2. | 當你重覆使用患肢時 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 3. | 當你痛楚最輕微時(如沒有痛請圈0) | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 4. | 當你最痛時 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 5. | 提著一袋超級市場的雜物回家 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |