

COMPREHENSIVE ICF CORE SET for LOW BACK PAIN

BODY FUNCTIONS = physiological functions of body systems (including psychological functions)	
b126	Temperament and personality functions
	<p>General mental functions of constitutional disposition of the individual to react in a particular way to situations, including the set of mental characteristics that makes the individual distinct from others.</p> <p><i>Inclusions: functions of extraversion, introversion, agreeableness, conscientiousness, psychic and emotional stability, and openness to experience; optimism; novelty seeking; confidence; trustworthiness</i></p> <p><i>Exclusions: intellectual functions (b117); energy and drive functions (b130); psychomotor functions (b147); emotional functions (b152)</i></p>
b130	Energy and drive functions
	<p>General mental functions of physiological and psychological mechanisms that cause the individual to move towards satisfying specific needs and general goals in a persistent manner.</p> <p><i>Inclusions: functions of energy level, motivation, appetite, craving (including craving for substances that can be abused) and impulse control</i></p> <p><i>Exclusions: consciousness functions (b110); temperament and personality functions (b126); sleep functions (b134); psychomotor functions (b147); emotional functions (b152)</i></p>
b134	Sleep functions
	<p>General mental functions of periodic, reversible and selective physical and mental disengagement from one's immediate environment accompanied by characteristic physiological changes.</p> <p><i>Inclusions: functions of amount of sleeping, and onset, maintenance and quality of sleep; functions involving the sleep cycle, such as in insomnia, hypersomnia and narcolepsy</i></p> <p><i>Exclusions: consciousness functions (b110); energy and drive functions (b130); attention functions (b140); psychomotor functions (b147)</i></p>
b152	Emotional functions
	<p>Specific mental functions related to the feeling and affective components of the processes of the mind.</p> <p><i>Inclusions: functions of appropriateness of emotion, regulation and range of emotion; affect; sadness, happiness, love, fear, anger, hate, tension, anxiety, joy, sorrow; lability of emotion; flattening of affect</i></p> <p><i>Exclusions: temperament and personality functions (b126); energy and drive functions (b130)</i></p>
b180	Experience of self and time functions
	<p>Specific mental functions related to the awareness of one's identity, one's body, one's position in the reality of one's environment and of time.</p> <p><i>Inclusions: functions of experience of self, body image and time</i></p>
b260	Proprioceptive functions
	<p>Sensory functions of sensing the relative position of body parts.</p> <p><i>Inclusions: functions of statesthesia and kinaesthesia</i></p> <p><i>Exclusions: vestibular functions (b235); sensations related to muscles and movement functions (b780)</i></p>
b280	Sensation of pain
	<p>Sensation of unpleasant feeling indicating potential or actual damage to some body structure.</p> <p><i>Inclusions: sensations of generalized or localized pain in one or more body part, pain in a dermatome, stabbing pain, burning pain, dull pain, aching pain; impairments such as myalgia, analgesia and hyperalgesia</i></p>
b455	Exercise tolerance functions
	<p>Functions related to respiratory and cardiovascular capacity as required for enduring physical exertion.</p> <p><i>Inclusions: functions of physical endurance, aerobic capacity, stamina and fatiguability</i></p> <p><i>Exclusions: functions of the cardiovascular system (b410-b429); haematological system functions (b430); respiration functions (b440); respiratory muscle functions (b445); additional respiratory functions (b450)</i></p>
b620	Urination functions
	<p>Functions of discharge of urine from the urinary bladder.</p> <p><i>Inclusions: functions of urination, frequency of urination, urinary continence; impairments such as in stress, urge, reflex, overflow, continuous incontinence, dribbling, automatic bladder, polyuria, urinary retention and urinary urgency</i></p> <p><i>Exclusions: urinary excretory functions (b610); sensations associated with urinary functions (b630)</i></p>
b640	Sexual functions
	<p>Mental and physical functions related to the sexual act, including the arousal, preparatory, orgasmic and resolution stages.</p> <p><i>Inclusions: functions of the sexual arousal, preparatory, orgasmic and resolution phase: functions related to sexual interest, performance, penile erection, clitoral erection, vaginal lubrication, ejaculation, orgasm; impairments such as in impotence, frigidity, vaginismus, premature ejaculation, priapism and delayed ejaculation</i></p> <p><i>Exclusions: procreation functions (b660); sensations associated with genital and reproductive functions (b670)</i></p>
b710	Mobility of joint functions
	<p>Functions of the range and ease of movement of a joint.</p> <p><i>Inclusions: functions of mobility of single or several joints, vertebral, shoulder, elbow, wrist, hip, knee, ankle, small joints of hands and feet; mobility of joints generalized; impairments such as in hypermobility of joints, frozen joints, frozen shoulder, arthritis</i></p> <p><i>Exclusions: stability of joint functions (b715); control of voluntary movement functions (b760)</i></p>

b715	Stability of joint functions
	<p>Functions of the maintenance of structural integrity of the joints.</p> <p><i>Inclusions: functions of the stability of a single joint, several joints, and joints generalized; impairments such as in unstable shoulder joint, dislocation of a joint, dislocation of shoulder and hip</i></p> <p><i>Exclusion: mobility of joint functions (b710)</i></p>
b720	Mobility of bone functions
	<p>Functions of the range and ease of movement of the scapula, pelvis, carpal and tarsal bones.</p> <p><i>Inclusion: impairments such as frozen scapula and frozen pelvis</i> <i>Exclusion: mobility of joints functions (b710)</i></p>
b730	Muscle power functions
	<p>Functions related to the force generated by the contraction of a muscle or muscle groups.</p> <p><i>Inclusions: functions associated with the power of specific muscles and muscle groups, muscles of one limb, one side of the body, the lower half of the body, all limbs, the trunk and the body as a whole; impairments such as weakness of small muscles in feet and hands, muscle paresis, muscle paralysis, monoplegia, hemiplegia, paraplegia, quadriplegia and akinetic mutism</i></p> <p><i>Exclusions: functions of structures adjoining the eye (b215); muscle tone functions (b735); muscle endurance functions (b740)</i></p>
b735	Muscle tone functions
	<p>Functions related to the tension present in the resting muscles and the resistance offered when trying to move the muscles passively.</p> <p><i>Inclusions: functions associated with the tension of isolated muscles and muscle groups, muscles of one limb, one side of the body and the lower half of the body, muscles of all limbs, muscles of the trunk, and all muscles of the body; impairments such as hypotonia, hypertonia and muscle spasticity</i></p> <p><i>Exclusions: muscle power functions (b730); muscle endurance functions (b740)</i></p>
b740	Muscle endurance functions
	<p>Functions related to sustaining muscle contraction for the required period of time.</p> <p><i>Inclusions: functions associated with sustaining muscle contraction for isolated muscles and muscle groups, and all muscles of the body; impairments such as in myasthenia gravis</i></p> <p><i>Exclusions: exercise tolerance functions (b455); muscle power functions (b730); muscle tone functions (b735)</i></p>
b750	Motor reflex functions
	<p>Functions of involuntary contraction of muscles automatically induced by specific stimuli.</p> <p><i>Inclusions: functions of stretch motor reflex, automatic local joint reflex, reflexes generated by noxious stimuli and other exteroceptive stimuli; withdrawal reflex, biceps reflex, radius reflex, quadriceps reflex, patellar reflex, ankle reflex</i></p>
b770	Gait pattern functions
	<p>Functions of movement patterns associated with walking, running or other whole body movements.</p> <p><i>Inclusions: walking patterns and running patterns; impairments such as spastic gait, hemiplegic gait, paraplegic gait, asymmetric gait, limping and stiff gait pattern</i></p> <p><i>Exclusions: muscle power functions (b730); muscle tone functions (b735); control of voluntary movement functions (b760); involuntary movement functions (b765)</i></p>
b780	Sensations related to muscles and movement functions
	<p>Sensations associated with the muscles or muscle groups of the body and their movement.</p> <p><i>Inclusions: sensations of muscle stiffness and tightness of muscles, muscle spasm or constriction, and heaviness of muscles</i></p> <p><i>Exclusion: sensation of pain (b280)</i></p>

BODY STUCTURES

= anatomical parts of the body such as organs, limbs and their components

s120	Spinal cord and related structures
s740	Structure of pelvic region
s750	Structure of lower extremity
s760	Structure of trunk
s770	Additional musculoskeletal structures related to movement

ACTIVITIES AND PARTICIPATION	
= execution of a task or action by an individual and involvement in a life situation	
d240	Handling stress and other psychological demands
	Carrying out simple or complex and coordinated actions to manage and control the psychological demands required to carry out tasks demanding significant responsibilities and involving stress, distraction or crises, such as driving a vehicle during heavy traffic or taking care of many children. <i>Inclusions: handling responsibilities; handling stress and crisis</i>
d410	Changing basic body position
	Getting into and out of a body position and moving from one location to another, such as getting up out of a chair to lie down on a bed, and getting into and out of positions of kneeling or squatting. <i>Inclusions: changing body position from lying down, from squatting or kneeling, from sitting or standing, bending and shifting the body's centre of gravity</i> <i>Exclusion: transferring oneself (d420)</i>
d415	Maintaining a body position
	Staying in the same body position as required, such as remaining seated or remaining standing for work or school. <i>Inclusions: maintaining a lying, squatting, kneeling, sitting and standing position</i>
d420	Transferring oneself
	Moving from one surface to another, such as sliding along a bench or moving from a bed to a chair, without changing body position. <i>Inclusion: transferring oneself while sitting or lying</i> <i>Exclusion: changing basic body position (d410)</i>
d430	Lifting and carrying objects
	Raising up an object or taking something from one place to another, such as when lifting a cup or carrying a child from one room to another. <i>Inclusions: lifting, carrying in the hands or arms, or on shoulders, hip, back or head; putting down</i>
d445	Hand and arm use
	Performing the coordinated actions required to move objects or to manipulate them by using hands and arms, such as when turning door handles or throwing or catching an object <i>Inclusions: pulling or pushing objects; reaching; turning or twisting the hands or arms; throwing; catching</i> <i>Exclusion: fine hand use (d440)</i>
d450	Walking
	Moving along a surface on foot, step by step, so that one foot is always on the ground, such as when strolling, sauntering, walking forwards, backwards or sideways. <i>Inclusions: walking short or long distances; walking on different surfaces; walking around obstacles</i> <i>Exclusions: transferring oneself (d420); moving around (d455)</i>
d455	Moving around
	Moving the whole body from one place to another by means other than walking, such as climbing over a rock or running down a street, skipping, scampering, jumping, somersaulting or running around obstacles. <i>Inclusions: crawling, climbing, running, jogging, jumping and swimming</i> <i>Exclusions: transferring oneself (d420); walking (d450)</i>
d460	Moving around in different locations
	Walking and moving around in various places and situations, such as walking between rooms in a house, within a building, or down the street of a town. <i>Inclusions: moving around within the home, crawling or climbing within the home; walking or moving within buildings other than the home, and outside the home and other buildings</i>
d465	Moving around using equipment
	Moving the whole body from place to place, on any surface or space, by using specific devices designed to facilitate moving or create other ways of moving around, such as with skates, skis, or scuba equipment, or moving down the street in a wheelchair or a walker. <i>Exclusions: transferring oneself (d420); walking (d450); moving around (d455); using transportation (d470); driving (d475)</i>
d470	Using transportation
	Using transportation to move around as a passenger, such as being driven in a car or on a bus, rickshaw, jitney, animal-powered vehicle, or private or public taxi, bus, train, tram, subway, boat or aircraft. <i>Inclusions: using human-powered transportation; using private motorized or public transportation</i> <i>Exclusions: moving around using equipment (d465); driving (d475)</i>
d475	Driving
	Being in control of and moving a vehicle or the animal that draws it, travelling under one's own direction or having at one's disposal any form of transportation, such as a car, bicycle, boat or animal-powered vehicle. <i>Inclusions: driving human-powered transportation, motorized vehicles, animal-powered vehicles</i> <i>Exclusions: moving around using equipment (d465); using transportation (d470)</i>
d510	Washing oneself
	Washing and drying one's whole body, or body parts, using water and appropriate cleaning and drying materials or methods, such as bathing, showering, washing hands and feet, face and hair, and drying with a towel. <i>Inclusions: washing body parts, the whole body; and drying oneself</i> <i>Exclusions: caring for body parts (d520); toileting (d530)</i>

d530	Toileting
	<p>Planning and carrying out the elimination of human waste (menstruation, urination and defecation), and cleaning oneself afterwards.</p> <p><i>Inclusions: regulating urination, defecation and menstrual care</i> <i>Exclusions: washing oneself (d510); caring for body parts (d520)</i></p>
d540	Dressing
	<p>Carrying out the coordinated actions and tasks of putting on and taking off clothes and footwear in sequence and in keeping with climatic and social conditions, such as by putting on, adjusting and removing shirts, skirts, blouses, pants, undergarments, saris, kimono, tights, hats, gloves, coats, shoes, boots, sandals and slippers.</p> <p><i>Inclusions: putting on or taking off clothes and footwear and choosing appropriate clothing</i></p>
d570	Looking after one's health
	<p>Ensuring physical comfort, health and physical and mental well-being, such as by maintaining a balanced diet, and an appropriate level of physical activity, keeping warm or cool, avoiding harms to health, following safe sex practices, including using condoms, getting immunizations and regular physical examinations.</p> <p><i>Inclusions: ensuring one's physical comfort; managing diet and fitness; maintaining one's health</i></p>
d620	Acquisition of goods and services
	<p>Selecting, procuring and transporting all goods and services required for daily living, such as selecting, procuring, transporting and storing food, drink, clothing, cleaning materials, fuel, household items, utensils, cooking ware, domestic appliances and tools; procuring utilities and other household services.</p> <p><i>Inclusions: shopping and gathering daily necessities</i> <i>Exclusion: acquiring a place to live (d610)</i></p>
d630	Preparing meals
	<p>Planning, organizing, cooking and serving simple and complex meals for oneself and others, such as by making a menu, selecting edible food and drink, getting together ingredients for preparing meals, cooking with heat and preparing cold foods and drinks, and serving the food.</p> <p><i>Inclusions: preparing simple and complex meals</i> <i>Exclusions: eating (d550); drinking (d560); acquisition of goods and services (d620); doing housework (d640); caring for household objects (d650); caring for others (d660)</i></p>
d640	Doing housework
	<p>Managing a household by cleaning the house, washing clothes, using household appliances, storing food and disposing of garbage, such as by sweeping, mopping, washing counters, walls and other surfaces; collecting and disposing of household garbage; tidying rooms, closets and drawers; collecting, washing, drying, folding and ironing clothes; cleaning footwear; using brooms, brushes and vacuum cleaners; using washing machines, driers and irons.</p> <p><i>Inclusions: washing and drying clothes and garments; cleaning cooking area and utensils; cleaning living area; using household appliances, storing daily necessities and disposing of garbage</i> <i>Exclusions: acquiring a place to live (d610); acquisition of goods and services (d620); preparing meals (d630); caring for household objects (d650); caring for others (d660)</i></p>
d650	Caring for household objects
	<p>Maintaining and repairing household and other personal objects, including house and contents, clothes, vehicles and assistive devices, and caring for plants and animals, such as painting or wallpapering rooms, fixing furniture, repairing plumbing, ensuring the proper working order of vehicles, watering plants, grooming and feeding pets and domestic animals.</p> <p><i>Inclusions: making and repairing clothes; maintaining dwelling, furnishings and domestic appliances; maintaining vehicles; maintaining assistive devices; taking care of plants (indoor and outdoor) and animals</i> <i>Exclusions: acquiring a place to live (d610); acquisition of goods and services (d620); doing housework (d640); caring for others (d660); remunerative employment (d850)</i></p>
d660	Assisting others
	<p>Assisting household members and others with their learning, communicating, self-care, movement, within the house or outside; being concerned about the well-being of household members and others.</p> <p><i>Inclusions: assisting others with self-care, movement, communication, interpersonal relations, nutrition and health maintenance</i> <i>Exclusion: remunerative employment (d850)</i></p>
d710	Basic interpersonal interactions
	<p>Interacting with people in a contextually and socially appropriate manner, such as by showing consideration and esteem when appropriate, or responding to the feelings of others.</p> <p><i>Inclusions: showing respect, warmth, appreciation, and tolerance in relationships; responding to criticism and social cues in relationships; and using appropriate physical contact in relationships</i></p>
d760	Family relationships
	<p>Creating and maintaining kinship relationships, such as with members of the nuclear family, extended family, foster and adopted family and step-relationships, more distant relationships such as second cousins or legal guardians.</p> <p><i>Inclusions: parent-child and child-parent relationships, sibling and extended family relationships</i></p>
d770	Intimate relationships
	<p>Creating and maintaining close or romantic relationships between individuals, such as husband and wife, lovers or sexual partners.</p> <p><i>Inclusions: romantic, spousal and sexual relationships</i></p>

d845	Acquiring, keeping and terminating a job
	Seeking, finding and choosing employment, being hired and accepting employment, maintaining and advancing through a job, trade, occupation or profession, and leaving a job in an appropriate manner. <i>Inclusions: seeking employment; preparing a resume or curriculum vitae; contacting employers and preparing interviews; maintaining a job; monitoring one's own work performance; giving notice; and terminating a job</i>
d850	Remunerative employment
	Engaging in all aspects of work, as an occupation, trade, profession or other form of employment, for payment, as an employee, full or part time, or self-employed, such as seeking employment and getting a job, doing the required tasks of the job, attending work on time as required, supervising other workers or being supervised, and performing required tasks alone or in groups. <i>Inclusions: self-employment, part-time and full-time employment</i>
d859	Work and employment, other specified and unspecified
d910	Community life
	Engaging in all aspects of community social life, such as engaging in charitable organizations, service clubs or professional social organizations. <i>Inclusions: informal and formal associations; ceremonies Exclusions: non-remunerative employment (d855); recreation and leisure (d920); religion and spirituality (d930); political life and citizenship (d950)</i>
d920	Recreation and leisure
	Engaging in any form of play, recreational or leisure activity, such as informal or organized play and sports, programmes of physical fitness, relaxation, amusement or diversion, going to art galleries, museums, cinemas or theatres; engaging in crafts or hobbies, reading for enjoyment, playing musical instruments; sightseeing, tourism and travelling for pleasure. <i>Inclusions: play, sports, arts and culture, crafts, hobbies and socializing</i> <i>Exclusions: riding animals for transportation (d480); remunerative and non-remunerative work (d850 and d855); religion and spirituality (d930); political life and citizenship (d950)</i>

ENVIRONMENTAL FACTORS	
= make up the physical, social and attitudinal environment in which people live and conduct their lives	
e110	Products or substances for personal consumption
	Any natural or human-made object or substance gathered, processed or manufactured for ingestion. <i>Inclusions: food, drink and drugs</i>
e120	Products and technology for personal indoor and outdoor mobility and transportation
	Equipment, products and technologies used by people in activities of moving inside and outside buildings, including those adapted or specially designed, located in, on or near the person using them. <i>Inclusions: general and assistive products and technology for personal indoor and outdoor mobility and transportation</i>
e135	Products and technology for employment
	Equipment, products and technology used for employment to facilitate work activities. <i>Inclusion: general and assistive products and technology for employment</i>
e150	Design, construction and building products and technology of buildings for public use
	Products and technology that constitute an individual's indoor and outdoor human-made environment that is planned, designed and constructed for public use, including those adapted or specially designed. <i>Inclusions: design, construction and building products and technology of entrances and exits, facilities and routing</i>
e155	Design, construction and building products and technology of buildings for private use
	Products and technology that constitute an individual's indoor and outdoor human-made environment that is planned, designed and constructed for private use, including those adapted or specially designed. <i>Inclusions: design, construction and building products and technology of entrances and exits, facilities and routing</i>
e225	Climate
	Meteorological features and events, such as the weather. <i>Inclusions: temperature, humidity, atmospheric pressure, precipitation, wind and seasonal variations</i>
e255	Vibration
	Regular or irregular to and fro motion of an object or an individual caused by a physical disturbance, such as shaking, quivering, quick jerky movements of things, buildings or people caused by small or large equipment, aircraft and explosions. <i>Exclusion: natural events (e230), such as vibration or shaking of the earth caused by earthquakes</i>
e310	Immediate family
	Individuals related by birth, marriage or other relationship recognized by the culture as immediate family, such as spouses, partners, parents, siblings, children, foster parents, adoptive parents and grandparents. <i>Exclusions: extended family (e315); personal care providers and personal assistants (e340)</i>
e325	Acquaintances, peers, colleagues, neighbours and community members
	Individuals who are familiar to each other as acquaintances, peers, colleagues, neighbours and community members, in situations of work, school, recreation or other aspects of life and who share demographic features such as age, gender, religious creed or ethnicity or pursue common interests. <i>Exclusions: associations and organizational services (e5550)</i>
e330	People in position of authority
	Individuals who have decision-making responsibilities for others and who have socially defined influence or power based on their social, economic, cultural or religious roles in society, such as teachers, employers, supervisors, religious leaders, substitute decision-makers, guardians or trustees.
e355	Health professionals
	All service providers working within the context of the health system, such as doctors, nurses, physiotherapists, occupational therapists, speech therapists, audiologists, orthotist-prosthetists, medical social workers. <i>Exclusion: other professionals (e360)</i>
e360	Other professionals
	All service providers working outside the health system, including lawyers, social workers, teachers, architects and designers. <i>Exclusion: health professionals (e355)</i>
e410	Individual attitudes of immediate family members
	General or specific opinions and beliefs of immediate family members about the person or about other matters (e.g. social, political and economic issues) that influence individual behaviour and actions.
e425	Individual attitudes of acquaintances, peers, colleagues, neighbours and community members
	General or specific opinions and beliefs of acquaintances, peers, colleagues, neighbours and community members about the person or about other matters (e.g. social, political and economic issues) that influence individual behaviour and actions.
e450	Individual attitudes of health professionals
	General or specific opinions and beliefs of health professionals about the person or about other matters (e.g. social, political and economic issues) that influence individual behaviour and actions.
e455	Individual attitude of health-related professionals
	General or specific opinions and beliefs of health-related professionals about the person or about other matters (e.g. social, political and economic issues) that influence individual behaviour and actions.

e460	Societal attitudes
	General or specific opinions and beliefs generally held by people of a culture, society, subcultural or other social group about other individuals or about other social, political and economic issues that influence group or individual behaviour and actions.
e465	Social norms, practices and ideologies
	Customs, practices, rules and abstract systems of values and normative beliefs (e.g. ideologies, normative world views and moral philosophies) that arise within social contexts and that affect or create societal and individual practices and behaviours, such as social norms of moral and religious behaviour or etiquette; religious doctrine and resulting norms and practices; norms governing rituals or social gatherings.
e540	Transportation services, systems and policies
	Services, systems and policies for enabling people or goods to move or be moved from one location to another.
e550	Legal services, systems and policies
	Services, systems and policies concerning the legislation and other law of a country.
e570	Social security services, systems and policies
	Services, systems and policies aimed at providing income support to people who because of age, poverty, unemployment, health condition or disability require public assistance that is funded either by general tax revenues or contributory schemes. <i>Exclusion: economic services, systems and policies (e565)</i>
e575	General social support services, systems and policies
	Services, systems and policies aimed at providing support to those requiring assistance in areas such as shopping, housework, transport, self-care and care of others in order to function more fully in society. <i>Exclusions: personal care providers and personal assistants (e340); social security services, systems and policies (e570); health services, systems and policies (e580)</i>
e580	Health services, systems and policies
	Services, systems and policies for preventing and treating health problems, providing medical rehabilitation and promoting a healthy lifestyle. <i>Exclusion: general social support services, systems and policies (e575)</i>
e585	Education and training services, systems and policies
	Services, systems and policies for the acquisition, maintenance and improvement of knowledge, expertise and vocational or artistic skills. See UNESCO's International Standard Classification of Education (ISCED-1997).
e590	Labour and employment services, systems and policies
	Services, systems and policies related to finding suitable work for persons who are unemployed or looking for different work, or to support individuals already employed who are seeking promotion. <i>Exclusion: economic services, systems and policies (e565)</i>