

Tampa Scale of Kinesiophobia (TSK-11)

For each of the statements below, please indicate how much you agree or disagree in regards to your current injury. Please use the following scale:

1 2 3 4
 Strongly disagree Somewhat disagree Somewhat agree Strongly agree

	1	2	3	4
I'm afraid that I might injure myself if I exercise				
If I were to overcome it, my pain would increase				
My body is telling me I have something dangerously wrong				
People aren't taking my medical condition seriously enough				
My accident has put my body at risk for the rest of my life				
Pain always means I have injured my body				
Simply being careful that I do not make any unnecessary movements is the safest thing I can do to prevent my pain from worsening				
I wouldn't have this much pain if there wasn't something potentially dangerous going on in my body				
Pain lets me know when to stop exercising so that I don't injure myself				
I can't do all the things normal people do because it's too easy for me to get injured				
No one should have to exercise when he/she is in pain				
TOTAL: _____ /44				