

Date _____ Name _____

OSWESTRY LOWBACK PAIN DISABILITY QUESTIONNAIRE
PLEASE CIRCLE THE ONE CHOICE WHICH MOST CLOSELY DESCRIBES YOUR PROBLEM RIGHT NOW.

<p>Section 1- Pain Intensity</p> <p>A The pain comes and goes and is very mild.</p> <p>B The pain is mild and does not vary much.</p> <p>C The pain comes and goes and is moderate.</p> <p>D The pain is moderate and does not vary much.</p> <p>E The pain comes and goes and is severe.</p> <p>F The pain is severe and does not vary much.</p>
<p>Section 2- Personal Care</p> <p>A I have to change my way of washing or dressing in order to avoid pain.</p> <p>B I do not normally change my way of washing or dressing even though it causes some pain.</p> <p>C Washing and dressing increases the pain, but I manage not to change my way of doing it.</p> <p>D Washing and dressing increases the pain and I find it necessary to change my way of doing it.</p> <p>E Because of the pain, I am unable to do some washing and dressing without help.</p> <p>F Because of the pain, I am unable to do any washing or dressing without help.</p>
<p>Section 3 - Lifting</p> <p>A I can lift heavy weights without extra pain.</p> <p>B I can lift heavy weights, but it causes extra pain.</p> <p>C Pain prevents me from lifting heavy weights off the floor.</p> <p>D Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, e.g., on a table.</p> <p>E Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.</p> <p>F I can only lift very light weights, at the most.</p>
<p>Section 4 - Walking</p> <p>A Pain does not prevent me from walking any distance.</p> <p>B Pain prevents me from walking more than one mile.</p> <p>C Pain prevents me from walking more than 1/2 mile.</p> <p>D Pain prevents me from walking more than 1/4 mile.</p> <p>E I can only walk while using a cane or on crutches.</p> <p>I am in bed most of the time and have to crawl to the toilet.</p>
<p>Section 5 - Sitting</p> <p>A I can sit in any chair as long as I like without pain.</p> <p>B I can only sit in my favorite chair as long as I like.</p> <p>C Pain prevents me from sitting more than one hour.</p> <p>D Pain prevents me from sitting more than 1/2 hour.</p> <p>E Pain prevents me from sitting more than ten minutes.</p> <p>F Pain prevents me from sitting at all.</p>

<p>Section 6 - Standing</p> <p>A I can stand as long as I want without pain</p> <p>B I have pain while standing, but it does not increase with time.</p> <p>C I cannot stand for longer than one hour without increasing pain.</p> <p>D I cannot stand for longer than 1/2 hour without increasing pain.</p> <p>E I cannot stand for longer than ten minutes without increasing pain.</p> <p>F I avoid standing because it increases the pain straight away.</p>
<p>Section 7 - Sleeping</p> <p>A I get no pain in bed</p> <p>B I get pain in bed, but it does not prevent me from sleeping well.</p> <p>C Because of pain, my normal night's sleep is reduced by less than one-quarter.</p> <p>D Because of pain, my normal night's sleep is reduced by less than one-half.</p> <p>E Because of pain, my normal night's sleep is reduced by less than three-quarters.</p> <p>F Pain prevents me from sleeping at all.</p>
<p>Section 8 - Social Life</p> <p>A My social life is normal and gives me no pain.</p> <p>B My social life is normal, but increases the degree of my pain.</p> <p>C Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g., dancing, etc.</p> <p>D Pain has restricted my social life and I do not go out very often.</p> <p>E Pain has restricted my social life to my home.</p> <p>F I have hardly any social life because of the pain.</p>
<p>Section 9 - Traveling</p> <p>A I get no pain while traveling.</p> <p>B I get some pain while traveling, but none of my usual forms of travel make it any worse.</p> <p>C I get extra pain while traveling., but it does not compel me to seek alternative forms of travel.</p> <p>D I get extra pain while traveling which compels me to seek alternative forms of travel.</p> <p>E Pain restricts all forms of travel.</p> <p>F Pain prevents all forms of travel except that done lying down.</p>
<p>Section 10 - Changing Degree of Pain</p> <p>A My pain is rapidly getting better.</p> <p>B My pain fluctuates, but overall is definitely getting better.</p> <p>C My pain seems to be getting better, but improvement is slow at present.</p> <p>D My pain is neither getting better nor worse.</p> <p>E My pain is gradually worsening.</p> <p>F My pain is rapidly worsening.</p>

Date _____ Signed _____