

PATIENT NAME: _____

MR #: _____

DATE: _____

OSWESTRY LOW BACK PAIN DISABILITY QUESTIONNAIRE**Section 1 – Pain intensity**

- I have no pain at the moment
- The pain is very mild at the moment
- The pain is moderate at the moment
- The pain is fairly severe at the moment
- The pain is very severe at the moment
- The pain is the worst imaginable at the moment

Section 2 – Personal care (washing, dressing etc)

- I can look after myself normally without causing extra pain
- I can look after myself normally but it causes extra pain
- It is painful to look after myself and I am slow and careful
- I need some help but manage most of my personal care
- I need help every day in most aspects of self-care
- I do not get dressed, I wash with difficulty and stay in bed

Section 3 – Lifting

- I can lift heavy weights without extra pain
- I can lift heavy weights but it gives extra pain
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently placed e.g. on a table
- Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned
- I can lift very light weights
- I cannot lift or carry anything at all

Section 4 – Walking

- Pain does not prevent me walking any distance
- Pain prevents me from walking more than 2 miles
- Pain prevents me from walking more than 1 mile
- Pain prevents me from walking more than ½ mile
- I can only walk using a stick or crutches
- I am in bed most of the time

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Section 5 – Sitting

I can sit in any chair as long as I like

I can only sit in my favorite chair as long as I like

Pain prevents me sitting more than one hour

Pain prevents me from sitting more than 30 minutes

Pain prevents me from sitting more than 10 minutes

Pain prevents me from sitting at all

Section 6 – Standing

I can stand as long as I want without extra pain

I can stand as long as I want but it gives me extra pain

Pain prevents me from standing for more than 1 hour

Pain prevents me from standing for more than 30 minutes

Pain prevents me from standing for more than 10 minutes

Pain prevents me from standing at all

Section 7 – Sleeping

My sleep is never disturbed by pain

My sleep is occasionally disturbed by pain

Because of pain I have less than 6 hours sleep

Because of pain I have less than 4 hours sleep

Because of pain I have less than 2 hours sleep

Pain prevents me from sleeping at all

Section 8 – Sex life (check box if question not asked)

My sex life is normal and causes no extra pain

My sex life is normal but causes some extra pain

My sex life is nearly normal but is very painful

My sex life is severely restricted by pain

My sex life is nearly absent because of pain

Pain prevents any sex life at all

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Section 9 – Social life

My social life is normal and gives me no extra pain

My social life is normal but increases the degree of pain

Pain has no significant effect on my social life apart from limiting my more energetic interests

Pain has restricted my social life and I do not go out as often

Pain has restricted my social life to my home

I have no social life because of pain

Section 10 – Traveling

I can travel anywhere without pain

I can travel anywhere but it gives me extra pain

Pain is bad but I manage journeys over two hours

Pain restricts me to journeys of less than one hour

Pain restricts me to short necessary journeys under 30 minutes

Pain prevents me from travelling except to receive treatment

0% to 20% minimal disability	The patient can cope with most living activities. Usually no treatment is indicated apart from advice on lifting sitting and exercise.	PATIENT'S RAW SCORE IMPAIRMENT
21%-40% moderate disability	The patient experiences more pain and difficulty with sitting, lifting and standing. Travel and social life are more difficult and they may be disabled from work. Personal care, sexual activity and sleeping are not grossly affected and the patient can usually be managed by conservative means.	
41%-60% severe disability	Pain remains the main problem in this group but activities of daily living are affected. These patients require a detailed investigation.	
61%-80% crippled	Back pain impinges on all aspects of the patient's life. Positive intervention is required.	
81%-100%:	These patients are either bed-bound or exaggerating their symptoms.	

Therapist Name

Therapist Signature