

Low Back Disability Questionnaire (Oswestry)

Name:

Date:

Section 1: Pain Intensity

- 0 The pain comes and goes and is very mild.
- 1 The pain is mild and does not vary much.
- 2 The pain comes and goes and is moderate.
- 3 The pain is moderate and does not vary much.
- 4 The pain comes and goes and is very severe.
- 5 The pain is severe and does not vary much.

Section 2: Personal Care

- 0 I would not have to change my way of washing or dressing in order to avoid pain.
- 1 I do not normally change my way of washing or dressing even though it causes some pain.
- 2 Washing and dressing increases the pain, but I manage not to change my way of doing it.
- 3 Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- 4 Because of the pain, I am unable to do some washing and dressing without help.
- 5 Because of the pain, I am unable to do any washing and dressing without help.

Section 3: Lifting

- 0 I can lift heavy weights without extra pain.
- 1 I can lift heavy weights but it gives me extra pain.
- 2 Pain prevents me from lifting heavy weights off the floor but I can if they are in convenient places.
- 3 Pain prevents me from lifting heavy weights off the floor.
- 4 Pain prevents me from lifting heavy weights, but I can manage medium weights conveniently positioned.
- 5 I can only lift very light weights at the most.

Section 4: Walking

- 0 I have no pain walking.
- 1 I have some pain on walking, but it does not increase with distance.
- 2 I cannot walk more than one mile without increasing pain.
- 3 I cannot walk more than 1/2 mile without increasing pain.
- 4 I cannot walk more than 1/4 mile without increasing pain.
- 5 I cannot walk at all without increasing pain.

Section 5: Sitting

- 0 I can sit in any chair as long as I like.
- 1 I can only sit in my favorite chair as long as I like.
- 2 Pain prevents me sitting more than 1 hour.
- 3 Pain prevents me sitting more than 1/2 hour.
- 4 Pain prevents me sitting more than 10 minutes.
- 5 I avoid sitting because it increases my pain right away.

Section 6: Standing

- 0 I can stand as long as I want without extra pain.
- 1 I have some pain on standing, but it does not increase with time.
- 2 I cannot stand for longer than one hour without increasing pain.
- 3 I cannot stand for longer than 1/2 hour without increasing pain.
- 4 I cannot stand for longer than 10 minutes without increasing pain.
- 5 I avoid standing because it increases the pain right away.

Section 7: Sleeping

- 0 I get no pain in bed.
- 1 I get pain in bed, but it does not prevent me from sleeping well.
- 2 Because of pain, my normal night's sleep is reduced by less than 1/4.
- 3 Because of pain, my normal night's sleep is reduced by less than 1/2.
- 4 Because of pain, my normal night's sleep is reduced by less than 3/4.
- 5 Pain prevents me from sleeping at all.

Section 8: Social Life

- 0 My social life is normal and gives me no extra pain.
- 1 My social life is normal, but increases the degree of pain.
- 2 Pain has no significant effect on my social life apart from limiting my more energetic interests.
- 3 Pain has restricted my social life and I do not go out as often.
- 4 Pain has restricted my social life to my home.
- 5 I have hardly any social life because of pain.

Section 9: Travelling

- 0 I get no pain while traveling.
- 1 I get some pain while traveling, but none of my usual forms of travel makes it any worse.
- 2 I get extra pain while traveling, but it does not compel me to seek alternative forms of travel.
- 3 I get extra pain while traveling, which compels me to seek alternative forms of travel.
- 4 Pain restricts all forms of travel.
- 5 Pain prevents all forms of travel except that done by lying down.

Section 10: Changing Degree of Pain

- 0 My pain is rapidly getting better.
- 1 My pain fluctuates, but is definitely getting better.
- 2 My pain seems to be getting better, but improvement is slow at present.
- 3 My pain is neither getting better nor worse.
- 4 My pain is gradually worsening.
- 5 My pain is rapidly worsening.