



Oswestry Disability Index

*This questionnaire has been designed to give us information as to how your back or leg pain is affecting your ability to manage in everyday life. Please answer by checking **one box in each section for the statement which best applies to you.***

<p>Pain Intensity</p> <ul style="list-style-type: none"> <input type="radio"/> I have no pain at the moment. <input type="radio"/> The pain is very mild at the moment. <input type="radio"/> The pain is moderate at the moment. <input type="radio"/> The pain is fairly severe at the moment. <input type="radio"/> The pain is very severe at the moment. <input type="radio"/> The pain is the worst imaginable at the moment. 	<p>Standing</p> <ul style="list-style-type: none"> <input type="radio"/> I can stand as long as I want without extra pain. <input type="radio"/> I can stand as long as I want but it gives me extra pain. <input type="radio"/> Pain prevents me from standing for more than 1 hour. <input type="radio"/> Pain prevents me from standing for more than 30 minutes. <input type="radio"/> Pain prevents me from standing for more than 10 minutes. <input type="radio"/> Pain prevents me from standing at all.
<p>Personal Care (Washing, Dressing, etc.)</p> <ul style="list-style-type: none"> <input type="radio"/> I can look after myself normally without causing extra pain. <input type="radio"/> I can look after myself normally but it causes extra pain. <input type="radio"/> It is painful to look after myself and I am slow and careful. <input type="radio"/> I need some help, but can manage most of my personal care. <input type="radio"/> I need help every day in most aspects of self care. <input type="radio"/> I do not get dressed, I wash with difficulty and stay in bed. 	<p>Sleeping</p> <ul style="list-style-type: none"> <input type="radio"/> My sleep is never disturbed by pain. <input type="radio"/> My sleep is occasionally disturbed by pain. <input type="radio"/> Because of pain I have less than 6 hours of sleep. <input type="radio"/> Because of pain I have less than 4 hours of sleep. <input type="radio"/> Because of pain I have less than 2 hours of sleep. <input type="radio"/> Pain prevents me from sleeping at all.
<p>Lifting</p> <ul style="list-style-type: none"> <input type="radio"/> I can lift heavy weights without extra pain. <input type="radio"/> I can lift heavy weights, but it gives extra pain. <input type="radio"/> Pain prevents me lifting heavy weights off the floor, but I can manage if they are conveniently placed, for example, on a table. <input type="radio"/> Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned. <input type="radio"/> I can only lift very light weights. <input type="radio"/> I cannot lift or carry anything. 	<p>Sex Life</p> <ul style="list-style-type: none"> <input type="radio"/> My sex life is normal and causes no extra pain. <input type="radio"/> My sex life is normal but causes some extra pain. <input type="radio"/> My sex life is nearly normal but is very painful. <input type="radio"/> My sex life is severely restricted by pain. <input type="radio"/> My sex life is nearly absent because of pain. <input type="radio"/> Pain prevents any sex life at all.
<p>Walking</p> <ul style="list-style-type: none"> <input type="radio"/> Pain does not prevent me from walking any distance. <input type="radio"/> Pain prevents me from walking more than one mile. <input type="radio"/> Pain prevents me from walking more than one quarter mile. <input type="radio"/> Pain prevents me from walking more than 100 yards. <input type="radio"/> I can only walk using a stick or crutches. <input type="radio"/> I am in bed most of the time. 	<p>Social Life</p> <ul style="list-style-type: none"> <input type="radio"/> My social life is normal and gives me no extra pain. <input type="radio"/> My social life is normal but increases the degree of pain. <input type="radio"/> Pain has no significant effect on my social life, apart from limiting my more energetic interests e.g. sports <input type="radio"/> Pain has restricted my social life and I do not go out as often. <input type="radio"/> Pain has restricted my social life to my home. <input type="radio"/> I have no social life because of pain.
<p>Sitting</p> <ul style="list-style-type: none"> <input type="radio"/> I can sit in any chair as long as I like. <input type="radio"/> I can only sit in my favorite chair as long as I like. <input type="radio"/> Pain prevents me from sitting more than one hour. <input type="radio"/> Pain prevents me from sitting more than 30 minutes. <input type="radio"/> Pain prevents me from sitting more than 10 minutes. <input type="radio"/> Pain prevents me from sitting at all. 	<p>Traveling</p> <ul style="list-style-type: none"> <input type="radio"/> I can travel anywhere without pain. <input type="radio"/> I can travel anywhere but it gives me extra pain. <input type="radio"/> Pain is bad but I manage journeys over two hours. <input type="radio"/> Pain restricts me to journeys of less than one hour. <input type="radio"/> Pain restricts me to short necessary journeys under 30 minutes. <input type="radio"/> Pain prevents me from traveling except to receive treatment.

Patient Signature _____

SCORE _____

Scoring: For each section the total possible score is 5: if the first statement is marked the section score = 0, if the last statement is marked it = 5. If all ten sections are completed the score is calculated as follows: Example: 16 (total scored) 50 (total possible score) x 100 = 32% If one section is missed or not applicable the score is calculated: 16 (total scored) 45 (total possible score) x 100 = 35.5%

Source: Fairbank JCT & Pynsent, PB (2000) *The Oswestry Disability Index. Spine, 25(22):2940-2953.* Davidson M & Keating J (2001) *A comparison of five low back disability questionnaires: reliability and responsiveness. Physical Therapy 2002;82:8-24.*