

## Low Back Pain And Disability Questionnaire (Revised Oswestery)

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Please read instructions:**

This questionnaire has been designed to give the doctor information as to how your back pain has affected your ability to manage in every day life. Please answer every section and mark in each section only the **ONE** box which applies to you. We realize you may consider that two of the statements in any one section relate to you, but just mark the box which most closely describes your problem.

<p><b>SECTION 1 – PAIN INTENSITY</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> The pain comes and goes and is very mild.</li> <li><input type="checkbox"/> The pain is mild and does not vary much.</li> <li><input type="checkbox"/> The pain comes and goes and is moderate.</li> <li><input type="checkbox"/> The pain comes and goes and is severe.</li> <li><input type="checkbox"/> The pain is severe and does not vary much.</li> </ul> <p><b>SECTION 2- PERSONAL CARE</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I would not have to change my way of washing or dressing in order to avoid pain.</li> <li><input type="checkbox"/> I do not normally change my way of washing or dressing even though it causes pain.</li> <li><input type="checkbox"/> Washing and dressing increases the pain but I manage not to change my way of doing it.</li> <li><input type="checkbox"/> Because of the pain I am unable to do some washing and dressing without help.</li> <li><input type="checkbox"/> Because of the pain I am unable to do any washing and dressing without help.</li> </ul> <p><b>SECTION 3 – LIFTING</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I can lift heavy weights without extra pain.</li> <li><input type="checkbox"/> I can lift heavy weights but it causes extra pain.</li> <li><input type="checkbox"/> Pain prevents me from lifting heavy weights off the floor.</li> <li><input type="checkbox"/> Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (i.e. on the table).</li> <li><input type="checkbox"/> Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.</li> <li><input type="checkbox"/> I can only lift very light weights at the most.</li> </ul> <p><b>SECTION 4 – WALKING</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I have no pain when walking.</li> <li><input type="checkbox"/> I have some pain when walking but it does not increase with distance.</li> <li><input type="checkbox"/> I cannot walk more than one km. without increasing pain.</li> <li><input type="checkbox"/> I cannot walk more than ½ km. without increasing pain.</li> <li><input type="checkbox"/> I cannot walk more than ¼ km. without increasing pain.</li> <li><input type="checkbox"/> I cannot walk at all without increasing pain.</li> </ul> <p><b>SECTION 5 – SITTING</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I can sit in any chair as long as I like.</li> <li><input type="checkbox"/> I can only sit in my favorite chair as long as I like.</li> <li><input type="checkbox"/> Pain prevents me from sitting for more then one hour.</li> <li><input type="checkbox"/> Pain prevents me from sitting more then a half hour.</li> <li><input type="checkbox"/> Pain prevents me from sitting more then 10 minutes.</li> <li><input type="checkbox"/> I avoid sitting because it increases pain immediately.</li> </ul>	<p><b>SECTION 5 – STANDING</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I can stand as long as I want without pain.</li> <li><input type="checkbox"/> I experience some pain while standing but it does not increase with time.</li> <li><input type="checkbox"/> I cannot stand for longer than one hour without increasing pain.</li> <li><input type="checkbox"/> I cannot stand for longer then ½ hour without increasing pain.</li> <li><input type="checkbox"/> I cannot stand for longer than 10 minutes without increasing pain.</li> <li><input type="checkbox"/> I avoid standing because it increases the pain immediately.</li> </ul> <p><b>SECTION 7 – SLEEPING</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I experience no pain in bed.</li> <li><input type="checkbox"/> I experience pain in bed but it does not prevent me from sleeping well.</li> <li><input type="checkbox"/> Because of pain my normal night's sleep is reduced by less than ¼.</li> <li><input type="checkbox"/> Because of pain my normal night's sleep is reduced by less than ½.</li> <li><input type="checkbox"/> Because of pain my normal night's sleep is reduced by less than ¾.</li> <li><input type="checkbox"/> Pain prevents me from sleeping at all.</li> </ul> <p><b>SECTION 8 – SOCIAL LIFE</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> My social life is normal and gives me no pain.</li> <li><input type="checkbox"/> My social life is normal but increases the degree of pain.</li> <li><input type="checkbox"/> Pain has no significant effect on my social life apart from limiting my more energetic interests (i.e. dancing, etc.)</li> <li><input type="checkbox"/> Pain has restricted my social life and I do not go out very often.</li> <li><input type="checkbox"/> Pain has restricted my social life to my home.</li> <li><input type="checkbox"/> I have hardly any social life because of the pain.</li> </ul> <p><b>SECTION 9 – TRAVELING</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I experience no pain while traveling.</li> <li><input type="checkbox"/> I experience some pain while traveling but none of my usual forms of travel make it any worse.</li> <li><input type="checkbox"/> I experience extra pain while traveling but it does not compel me to seek alternative forms of travel.</li> <li><input type="checkbox"/> I experience extra pain while traveling which compels me to seek alternative forms of travel.</li> <li><input type="checkbox"/> Pain restricts all forms of travel.</li> <li><input type="checkbox"/> Pain prevents all forms of travel except that done lying down.</li> </ul> <p><b>SECTION 10 – CHANGING DEGREE OF PAIN</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> My pain is rapidly getting better.</li> <li><input type="checkbox"/> My pain fluctuates but overall is definitely getting better.</li> <li><input type="checkbox"/> My pain seems to be getting better but improvement is slow at present.</li> <li><input type="checkbox"/> My pain is neither getting better nor worse.</li> <li><input type="checkbox"/> My pain is gradually worsening.</li> <li><input type="checkbox"/> My pain is rapidly worsening.</li> </ul>
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**Pain Scale** (Rate the severity of your pain by checking one box on the following scale):

<b>No Pain</b>						<b>Excruciating Pain</b>				
<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>

