

Oswestry Low Back Pain Disability Questionnaire

The Oswestry Disability Index (also known as the Oswestry Low Back Pain Disability Questionnaire) is an extremely important tool that researchers and disability evaluators use to measure a patient's permanent functional disability. The test is considered the 'gold standard' of low back functional outcome tools [1].

Instructions

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. We realize you may consider that two or more statements in any one section apply but please just shade out the spot that indicates the statement which most clearly describes your problem.

SECTION 1: Pain intensity

- The pain comes and goes and is very mild
- The pain is mild and does not vary much
- The pain comes and goes and is moderate
- The pain is moderate and does not vary much
- The pain comes and goes and is severe
- The pain is severe and does not vary much

SECTION 2: Personal care (washing, dressing etc)

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

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
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, 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 only lift very light weights

SECTION 4: Walking

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

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 from sitting more than one hour
- Pain prevents me from sitting more than 1/2 hour
- Pain prevents me from sitting more than 10 minutes
- I avoid sitting because it increases pain immediately

SECTION 6: Standing

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

SECTION 7: Sleeping

- I get no pain in bed
- I get pain in bed, but it does not prevent me from sleeping well

- Because of pain my normal nights sleep is reduced to less than 1/4
- Because of pain my normal nights sleep is reduced to less than 1/2
- Because of pain my normal nights sleep is reduced to less than 3/4
- Pain prevents me from sleeping at all

SECTION 8: Social life

- My social life is normal and gives me no 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 e.g., dancing, etc
- Pain has restricted my social life and I do not go out very often
- Pain has restricted my social life to my home
- I have hardly any social life because of the pain

SECTION 9: Travelling

- I get no pain when traveling
- I get some pain when traveling, but none of my usual forms of travel make it any worse
- I get extra pain while traveling, but it does not compel me to seek alternate forms of travel
- I get extra pain while traveling which compels to seek alternative forms of travel
- Pain restricts me to short necessary journeys under 1/2 hour
- Pain restricts all forms of travel

Section 10: Changing degree of pain

- My pain is rapidly getting better
- My pain fluctuates, but is definitely getting better
- My pain seems to be getting better, but improvement is slow
- My pain is neither getting better or worse
- My pain is gradually worsening
- My pain is rapidly worsening

Continues next column

Signature of patient or guardian over 18

Date

Print name if signed on behalf of the patient

Relationship

Date