

**REVISED OSWESTRY LOW BACK PAIN DISABILITY QUESTIONNAIRE**

PLEASE JUST CIRCLE THE ONE. CHOICE WHICH MOST CLOSELY DESCRIBES YOUR PROBLEM RIGHT NOW.

<p><b>SECTION 1 - Pain Intensity</b></p> <p>A The pain comes and goes and is very mild.          B The pain is mild and does not vary much.          C The pain comes and goes and is moderate.          D The pain is moderate and does not vary much.          E The pain comes and goes and is severe.          F The pain is severe and does not vary much.</p>	<p><b>SECTION 6 - Standing</b></p> <p>A I can stand as long as I want without pain.          B I have some pain while standing, but it does not increase with time.          C I cannot stand for longer than one hour without increasing pain.          D I cannot stand for longer than 1/2 hour without increasing pain.          E I cannot stand for longer than ten minute without increasing pain.          F I avoid standing, because it increases the pain straight away.</p>
<p><b>SECTION 2 - Personal Care</b></p> <p>A I would not have to change my way of washing or dressing in order to avoid pain.          B I do not normally change my way of washing or dressing even though it causes some pain.          C Washing and dressing increases the pain, but I manage not to change my way of doing it.          D Washing and dressing increases the pain and I find it necessary to change my way of doing it.          E Because of the pain, I am unable to do some washing and dressing without help.          F Because of the pain, I am unable to do any washing or dressing without help.</p>	<p><b>SECTION 7 - Sleeping</b></p> <p>A I get no pain in bed.          B I get pain in bed, but it does not prevent me from sleeping well.          C Because of pain, my normal night's sleep is reduced by less than one than one quarter.          D Because of pain, my normal night's sleep is reduced by less than one-half.          E Because of pain, my normal night's sleep is reduced by less than three-quarters.          F Pain prevents me from sleeping at all.</p>
<p><b>SECTION 3 - Lifting</b></p> <p>A I can lift heavy weights without extra pain.          B I can lift heavy weights, but it causes extra pain.          C Pain prevents me from lifting heavy weights off the floor.          D Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, eg. on a table.          E Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.          F I can only lift very light weights, at the most.</p>	<p><b>SECTION 8 - Social Life</b></p> <p>A My social life is normal and gives me no pain.          B My social life is normal, but increases the degree of my pain.          C Pain has no significant effect on my social life apart from limiting my more energetic interests, My e.g., dancing, etc.          D Pain has restricted my social life and I do not go out very often.          E Pain has restricted my social life to my home.          F I have hardly any social life because of the pain.</p>
<p><b>SECTION 4 - Walking</b></p> <p>A Pain does not prevent me from walking any distance.          B Pain prevents me from walking more than one mile.          C Pain prevents me from walking more than 1/2 mile.          D Pain prevents me from walking more than 1/4 mile.          E I can only walk while using a cane or on crutches.          F I am in bed most of the time and have to crawl to the toilet.</p>	<p><b>SECTION 9 - Traveling</b></p> <p>A I get no pain while traveling.          B I get some pain while traveling, but none of my usual forms of travel make it any worse.          C I get extra pain while traveling, but it does not compel me to seek alternative forms of travel.          D I get extra pain while traveling which compels me to seek alternative forms of travel.          E Pain restricts all forms of travel.          F Pain prevents all forms of travel except that done lying down.</p>
<p><b>SECTION 5 - Sitting</b></p> <p>A I can sit in any chair as long as I like without pain.          B I can only sit in my favorite chair as long as I like.          C Pain prevents me from sitting more than one hour.          D Pain prevents me from sitting more than 1/2 hour.          E Pain prevents me from sitting more than ten minutes.          F Pain prevents me from sitting at all.</p>	<p><b>SECTION 10 - Changing Degree of Pain</b></p> <p>A My pain is rapidly getting better.          B My pain fluctuates, but overall is definitely getting better.          C My pain seems to be getting better, but improvement is slow at present.          D My pain is neither getting better nor worse.          E My pain is gradually worsening.          F My pain is rapidly worsening.</p>

COMMENTS: \_\_\_\_\_

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ SCORE: \_\_\_\_\_