

## Modified Oswestry Low Back Pain Disability Questionnaire

PATIENT NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

This questionnaire has been designed to give your therapist information as to how your back pain has affected your ability to manage in everyday life. Please choose only one answer per section. We realize you may feel that two of the statements may describe your condition, but please only select the best answer that most closely describes your current condition.

### SECTION 1 - Pain Intensity

- I can tolerate the pain I have without having to use pain medication
- The pain is *bad*, but I can manage *without* having to take pain medication
- Pain medication provides me with *complete* relief from pain
- Pain medication provides me with *moderate* relief from pain
- Pain medication provides me with *little* relief from pain
- Pain medication has *no* effect on my pain

### SECTION 2 - Personal Care (Washing, Dressing)

- I can take care of myself normally without causing *increased* pain
- I can take care of myself normally, but it *increases* my pain
- It is *painful* to take care of myself, & I am slow & careful
- I need help, but I am able to manage *most* of my personal care
- I need help *every day* in *most* aspects of my care
- I do *not* get dressed; I wash with *difficulty*, & I stay in bed

### SECTION 3 - Lifting

- I can lift heavy weights without increased pain
- I can lift heavy weights, but it causes *increased* pain
- Pain prevents me from lifting heavy weights off the floor, but I can manage if the weights are conveniently positioned - 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 lift only *very light* weights
- I cannot lift or carry anything at all

### SECTION 4 - Walking

- Pain does not prevent me from walking *any* distance
- Pain prevents me from walking *more* than 1 mile (1.6 km)
- Pain prevents me from walking *more* than ½ mile
- Pain prevents me from walking *more* than ¼ mile
- I can walk *only* with crutches or a cane
- I am in bed *most* of the time & have to crawl to the toilet



**Be sure to scroll to the 2<sup>nd</sup> page**

## 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 for *more* than 1 hour  
Pain prevents me from sitting for *more* than ½ hour  
Pain prevents me from sitting for *more* than 10 minutes  
Pain prevents me from sitting *at all*

## SECTION 6 – Standing

I can stand as long as I want without *increased* pain  
I can stand as long as I want, but it *increases* my pain  
Pain prevents me from standing for *more* than 1 hour  
Pain prevents me from standing for *more* than ½ hour  
Pain prevents me from standing for *more* than 10 minutes  
Pain prevents me from standing *at all*

## SECTION 7 – Sleeping

Pain does *not* prevent me from sleeping well  
I can sleep well *only* by using pain medication  
Even when I take medication, I sleep *less* than 6 hours  
Even when I take medication, I sleep *less* than 4 hours  
Even when I take medication, I sleep *less* than 2 hours  
Pain prevents me from sleeping *at all*

## SECTION 8 – Social Life

My social life is normal & does *not* increase my pain  
My social life is normal, but it *increases* my level of pain  
Pain prevents me from participating in more *energetic* activities – sports, dancing, etc  
Pain prevents me from going out *very often*  
Pain has *restricted* my social life to my *home*  
I have hardly any social life *because* of my *pain*

## SECTION 9 – Traveling

I can travel *anywhere* without increased pain  
I can travel anywhere, but it *increases* my pain  
My pain *restricts* my travel *over* 2 hours  
My pain *restricts* my travel *over* 1 hour  
My pain *restricts* my travel to *short* necessary journeys *under* ½ hour  
My pain prevents *all* travel, except for visits to the physician, therapist, or hospital.

## SECTION 10 – Employment / Homemaking

My normal homemaking / job activities do *not* cause pain  
My normal homemaking / job activities *increase* my pain, but I can still perform all that is required of me  
I can perform *most* of my homemaking / job duties, but pain *prevents* me from performing more *physically stressful* activities – lifting, vacuuming, etc  
Pain *prevents* me from doing anything but *light* duties  
Pain *prevents* me from doing even *light* duties  
Pain *prevents* me from performing *any* job or homemaking chores