

Oswestry Low Back Disability Index

Patient Name: _____ **Date:** _____

Please read and answer every question by marking only one (1) circle which most closely applies to you at the present time.

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 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, ect)

- I can look after myself normally, without causing extra pain
- I can look after myself normally, but it increases my pain
- It is painful to look after myself and I am slow and careful
- I need some help but manage most of my personal care
- I need help every day in most aspects of self care
- I do not get dressed; I wash with difficulty and stay in bed.

Section 3: Lifting

- I can lift heavy weights without extra pain
- I can lift heavy weights, but it increases my pain
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example on a table
- Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned
- I can lift 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
- Pain prevents me from walking more than ½ mile
- Pain prevents me from walking more than ¼ mile
- I can only walk with crutches or a cane
- I am in bed most of the time and have to crawl to the toilet

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 pain medication I sleep less than 6 hours
- Even when I take pain medication I sleep less than 4 hours
- Even when I take pain medication I sleep less than 2 hours
- Pain prevents me from sleeping at all

Section 8: Social Life

- My social life is normal and 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
- 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 physical/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
- 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

Score _____ / 50 = _____ %

10 – 20% = Mild Disability
 21 – 40% = Moderate Disability
 41 – 60% = Severe Disability
 61 – 80% = Crippling Disability
 81 – 100% = Complete Disability