

Oswestry Disability Index

NAME: _____ DATE: _____ SCORE: _____

This questionnaire is designed to demonstrate how the painful area has affected your ability to manage in everyday life. Please answer **every section**. Mark **one box only** in each section that most closely describes you today.

AFFECTED AREA:

- Neck
- Back
- Shoulder
- Hip
- Arm
- Leg
- Hand
- Foot

SECTION 1—PAIN INSTENSITY

- I have no pain at the moment.
- The pain is very mild at the moment.
- The pain is moderate at the moment.
- The pain is fairly severe at the moment.
- The pain is very severe at the moment.
- The pain is the worst imaginable at the moment.

SECTION 2—PERSONAL CARE (washing, dressing, etc.)

- I can look after myself normally without causing extra pain.
- I can look after myself normally, but it is very painful.
- 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, 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 causes extra pain.
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (i.e. 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.
- 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 one mile.
- Pain prevents me from walking more than 1/4 mile.
- Pain prevents me from walking more than 100 yards.
- I can only walk while using a cane or crutches.
- I am in bed most of the time.

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 1 hour.
- Pain prevents me from sitting more than 30 minutes.
- Pain prevents me from sitting more than 10 minutes.
- Pain prevents me from sitting at all.

SECTION 6—STANDING

- I can stand as long as I want without extra pain.
- I can stand as long as I want, but it gives me extra pain.
- Pain prevents me from standing for more than 1 hour.
- Pain prevents me from standing for more than 30 minutes.
- Pain prevents me from standing for more than 10 minutes.
- Pain prevents me from standing at all.

SECTION 7—SLEEPING

- My sleep is never disturbed by pain.
- My sleep is occasionally disturbed by pain.
- Because of pain, I have less than 6 hours' sleep.
- Because of pain, I have less than 4 hours' sleep.
- Because of pain, I have less than 2 hours' sleep.
- Pain prevents me from sleeping at all.

SECTION 8—SEX LIFE (if applicable)

- My sex life is normal and causes me no extra pain.
- My sex life is normal, but causes some extra pain.
- My sex life is nearly normal, but is very painful.
- My sex life is severely restricted by pain.
- My sex life is nearly absent because of pain.
- Pain prevents any sex life at all.

SECTION 9—SOCIAL LIFE

- My social life is normal and causes no extra pain.
- My social life is normal, but causes some extra pain.
- Pain has no significant effect on my social life apart from limiting my more energetic interests (i.e. sports)
- Pain has restricted my social life, and I do not go out often.
- Pain has restricted my social life to my home.
- I have no social life because of the pain.

SECTION 10—TRAVELING

- I can travel anywhere without pain.
- I can travel anywhere, but it gives extra pain.
- Pain is bad, but I manage journeys over 2 hours.
- Pain restricts me to journeys of less than 1 hour.
- Pain restricts me to short necessary journeys under 30 minutes.
- Pain prevents me from traveling except to receive treatment.

COMMENTS
