

Oswestry Back Pain - Modified

This questionnaire has been designed to give the doctor information as to how your back pain has affected your ability to manage in everyday life. **Please answer every section and mark in each section only ONE box** which applies to you. We realize you may consider that two of the statements in any one section relate to you, but **please just mark the box which MOST CLOSELY describes your problem.**

Section 1 – Pain Intensity

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

Section 2 – Personal Care (Washing, Dressing, etc.)

- I do not have to change the way I wash and dress myself to avoid pain.
- I do not normally change the way I wash or dress myself even though it causes some pain.
- Washing and dressing increases my pain, but I can do it without changing my way of doing it.
- Washing and dressing increases my pain, and I find it necessary to change the way I do it.
- Because of my pain I am partially unable to wash and dress without help.
- Because of my pain I am completely unable to wash or dress without help.

Section 3 - Lifting

- I can lift heavy weights without extra pain.
- I can lift heavy weights but it causes increased pain.
- Pain prevents me from lifting heavy objects off of the floor, but I can manage if they are conveniently positioned. I.e. on the table.
- Pain prevents me from lifting heavy weights off of the floor 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

- I have no pain when walking.
- I have pain when walking, but I can still walk my required normal distances.
- Pain prevents me from walking long distances.
- Pain prevents me from walking intermediate distances.
- Pain prevents me from walking even short distances.
- Pain prevents me from walking at all.

Section 5 - Sitting

- Sitting does not cause me any pain.
- I can only sit as long as I like providing that I have my choice of seating surfaces.
- 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 my pain increases with time.
- 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.
- I avoid standing because it increases my pain right away.

Section 7 - Sleeping

- I get no pain when I am in bed.
- I get pain in bed but it does not prevent me from sleeping well.
- Because of my pain, my sleep is only ¾ of my normal amount.
- Because of my pain, my sleep is only ½ of my normal amount.
- Because of my pain, my sleep is only ¼ of my normal amount.
- 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. (Ex sports, dancing ect.)
- 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 get no increased pain when traveling.
- I get some pain while traveling, but none of my usual forms of travel make it any worse.
- I get increased pain while traveling, but it does not cause me to seek alternative forms of travel.
- I get increased pain while traveling which causes me to seek alternative forms of travel.
- My pain restricts all forms of travel except that which is done while I am lying down.
- My pain restricts all forms of travel.

Section 10 – Employment/Homemaking

- My normal job/homemaking activities do not cause pain.
- My normal job/homemaking activities increase my pain, but I can still perform all that is required of me.
- I can perform most of my job/homemaking activities, but pain prevents me from performing more physically stressful activities. (Ex. Lifting, vacuuming)
- 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.