

OSWESTRY DISABILITY SCALE (LOW BACK)

Please rate your pain level with activity: No pain = 0 1 2 3 4 5 6 7 8 9 10 = Severe pain

1. Pain Intensity

- (0) I can tolerate the pain I have without having to use pain medication.
- (1) The pain is bad, but I can manage without having to take pain medication
- (2) Pain medication provides me with complete relief from pain
- (3) Pain medication provides me with moderate relief from pain
- (4) Pain medication provides me with little relief from pain
- (5) Pain medication has no effect on my pain

2. Personal Care (washing, dressing, etc.)

- (0) I can take care of myself normally without causing increased pain.
- (1) I can take care of myself normally, but it increases my pain
- (2) It is painful to take care of myself, and I am slow and careful
- (3) I need help, but I am able to manage most of my personal care
- (4) I need help every day in most aspects of my care
- (5) I do not get dressed, wash with difficulty, and stay in my bed

3. Lifting

- (0) I can lift heavy weights without increased pain
- (1) I can lift heavy weights, but it causes increased pain
- (2) Pain prevents me from lifting heavy weights off the floor, but I can manage if the weights are conveniently positioned (eg, on a table)
- (3) Pain prevents me from lifting heavy weights, but I can manage light to medium weights if the are conveniently positioned
- (4) I can lift only very light weights
- (5) I cannot lift or carry anything at all

4. Walking

- (0) Pain does not prevent me from walking any distance
- (1) Pain prevents me from walking more than 1 mile
- (2) Pain prevents me from walking more than ½ mile
- (3) Pain prevents me from walking more than ¼ mile
- (4) I can only walk with crutches or a cane
- (5) I am in bed most of the time and have to crawl to the toilet

5. Sitting

- (0) I can sit in any chair as long as I like
- (1) I can only sit in my favorite chair as long as I like
- (2) Pain prevents me from sitting more than 1 hour
- (3) Pain prevents me from sitting more than ½ hour
- (4) Pain prevents me from sitting more than 10 minutes
- (5) Pain prevents me from sitting at all

6. Standing

- (0) I can stand as long as I want without increased pain
- (1) I can stand as long as I want but, it increases my pain
- (2) Pain prevents me from standing for more than 1 hour
- (3) Pain prevents me from standing for more than ½ hour
- (4) Pain prevents me from standing for more than ¼ hour
- (5) Pain prevents me from standing at all

7. Sleeping

- (0) Pain does not prevent me from sleeping well
- (1) I can only sleep well only by using pain medication
- (2) Even when I take pain medication, I sleep less than 6hrs
- (3) Even when I take pain medication, I sleep less than 4hrs
- (4) Even when I take pain medication, I sleep less than 2hrs
- (5) Pain prevents me from sleeping at all

8. Social life

- (0) My social life is normal and does not increase my pain
- (1) My social life is normal, but it increases my level of pain
- (2) Pain prevents me from participating in more energetic activities (eg. sports, dancing)
- (3) Pain prevents me from going out very often
- (4) Pain has restricted my social life to my home
- (5) I have hardly any social life because of my pain

9. Traveling

- (0) I can travel anywhere without increased pain
- (1) I can travel anywhere, but it increases my pain
- (2) My pain restricts my travel over 2 hours
- (3) My pain restricts my travel over 1 hour
- (4) My pain restricts my travel to short necessary journeys under ½ hour
- (5) My pain prevents all travel except for visits to the physician/therapist or hospital

10. Employment/Homemaking

- (0) My normal homemaking/job activities do not cause pain
- (1) My normal homemaking/job activities increase my pain, but I can still perform all that is required of me
- (2) I can perform most of my homemaking/job duties, but pain prevents me from performing more *physically* stressful activities (eg. lifting, vacuuming)
- (3) Pain prevents me from doing anything but light duties
- (4) Pain prevents me from doing even light duties
- (5) Pain prevents me from performing any job or homemaking chores