

Oswestry Low Back / _____ Pain Scale

Please rate the severity of your pain by circling a number below:

No pain

0	1	2	3	4	5	6	7	8	9	10
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Unbearable Pain

Instructions: This questionnaire has been designed to give the doctor information as to how your LOW BACK PAIN has affected your ability to manage everyday life. Please answer every section and mark in each section only the ONE box that applies to you. We realize that you may consider that two of the statements in any one section relate to you, but please just mark the box that most closely describes your problem.

SECTION 1 – PAIN INTENSITY

- 0 The pain comes and goes and is very mild.
- 1 The pain is mild and does not vary much.
- 2 The pain comes and goes and is moderate.
- 3 The pain is moderate and does not vary much.
- 4 The pain comes and goes and is severe.
- 5 The pain is severe and does not vary much.

SECTION 2 – PERSONAL CARE (Washing, Dressing, etc.)

- 0 I would not have to change my way of washing or dressing in order to avoid pain.
- 1 I do not normally change my way of washing or dressing even though it causes some pain.
- 2 Washing and dressing increase the pain but I manage not to change my way of doing it.
- 3 Washing and dressing increase the pain and I find it necessary to change my way of doing it.
- 4 Because of the pain I am unable to do some washing and dressing without help.
- 5 Because of the pain I am unable to do any washing dressing without help.

SECTION 3 – LIFTING

- 0 I can lift heavy weights without extra pain.
- 1 I can lift heavy weights, but it gives extra pain.
- 2 Pain prevents me lifting heavy weights off the floor.
- 3 Pain prevents me lifting med weights off the floor, but I can manage if they are conveniently positioned, e.g. on a table.
- 4 Pain prevents me lifting med weights, but I can manage light to medium weights if they are conveniently positioned.
- 5 I can't lift even light weights due to pain.

SECTION 4 – WALKING

- 0 I have no pain on walking.
- 1 I have some pain on walking, but it does not increase with distance
- 2 I cannot walk more than 1 mile without increasing pain.
- 3 I cannot walk more than ½ mile without increasing pain.
- 4 I cannot walk more than ¼ mile without increasing pain.
- 5 I cannot walk at all without increasing pain.

SECTION 5 – SITTING

- 0 I can sit in any chair as long as I like.
- 1 I can sit only 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 I avoid sitting because it increases pain immediately.

SECTION 6 – STANDING

- 0 I can stand as long as I want without pain.
- 1 I have some pain on standing but it does not increase with time.
- 2 I cannot stand for longer than 1 hour without increasing pain.
- 3 I cannot stand for longer than 1/2 hour without increasing pain.
- 4 I cannot stand for longer than 10 minutes without increasing pain.
- 5 I avoid standing because it increases the pain immediately.

SECTION 7 – SLEEPING

- 0 I get no pain in bed.
- 1 I get pain in bed, but it does not prevent me from sleeping well.
- 2 Because of pain my normal nights sleep is reduced by less than one-quarter.
- 3 Because of pain my normal nights sleep is reduced by less than one-half.
- 4 Because of pain my normal nights sleep is reduced by less than three-quarter.
- 5 Pain prevents me from sleeping at all.

SECTION 8 – SOCIAL LIFE

- 0 My social life is normal and gives me no pain.
- 1 My social life is normal, but it increases the degree of pain.
- 2 Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g., dancing, etc.
- 3 Pain has restricted my social life and I do not go out very often.
- 4 Pain has restricted my social life to my home.
- 5 I have hardly any social life because of the pain.

SECTION 9 – TRAVELING

- 0 I get no pain when traveling.
- 1 I get some pain when traveling but none of my usual form of travel make it any worse.
- 2 I get extra pain while traveling, but it does not compel me to seek alternate forms of travel.
- 3 I get extra pain while traveling which compels me to seek alternative forms of travel.
- 4 Pain restricts me to short necessary journeys under ½ hour.
- 5 Pain restricts all forms of travel.

SECTION 10 – CHANGING DEGREE OF PAIN

- 0 My pain is rapidly getting better.
- 1 My pain fluctuates, but is definitely getting better.
- 2 My pain seems to be getting better, but improvement is slow.
- 3 My pain is unchanged.
- 4 My pain is gradually worsening.
- 5 My pain is rapidly worsening.

Name: _____

Date: _____ Score: _____

The Neck / _____ Disability Index

Please rate the severity of your pain by circling a number below:

No pain

0 1 2 3 4 5 6 7 8 9 10

Unbearable Pain

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

SECTION 1 – PAIN INTENSITY

- 0 I have no pain at the moment.
- 1 The pain is very mild at the moment.
- 2 The pain is moderate at the moment.
- 3 The pain is fairly severe at the moment.
- 4 The pain is very severe at the moment.
- 5 The pain is the worst imaginable at the moment.

SECTION 2 – PERSONAL CARE (Washing, Dressing, etc.)

- 0 I can look after myself normally, without causing extra pain.
- 1 I can look after myself normally, but it causes extra pain.
- 2 It is painful to look after myself and I am slow and careful.
- 3 I need some help, but manage most of my personal care.
- 4 I need help every day in most aspects of self care.
- 5 I do not get dressed; I stay in bed due to the pain.

SECTION 3 – LIFTING

- 0 I can lift heavy weights without extra pain.
- 1 I can lift heavy weights, but it gives extra pain.
- 2 Pain prevents me lifting heavy weights off the floor, but I can manage if they are conveniently positioned, e.g. on a table.
- 3 Pain prevents me lifting heavy weights off the floor, but I can manage light to medium weights when conveniently positioned.
- 4 I can lift very light weights.
- 5 I cannot lift or carry anything at all.

SECTION 4 – READING

- 0 I can read as much as I want to, with no pain in my neck.
- 1 I can read as much as I want to, with slight pain in my neck.
- 2 I can read as much as I want to, with moderate pain in my neck.
- 3 I can't read as much as I want, because of moderate pain in my neck.
- 4 I can hardly read at all, because of severe pain in my neck.
- 5 I cannot read at all due to pain.

SECTION 5 – HEADACHES

- 0 I have no headaches at all.
- 1 I have slight headaches that come infrequently.
- 2 I have moderate headaches that come infrequently.
- 3 I have moderate headaches that come frequently.
- 4 I have severe headaches that come frequently.
- 5 I have headaches almost all the time.

SECTION 6 – CONCENTRATION

- 0 I can concentrate fully when I want to, with no difficulty.
- 1 I can concentrate fully when I want to, with slight difficulty.
- 2 I have a fair degree of difficulty in concentrating when I want to.
- 3 I have a lot of difficulty in concentrating when I want to.
- 4 I have a great deal of difficulty in concentrating when I want to.
- 5 I cannot concentrate at all.

SECTION 7 – WORK

- 0 I can do as much work as I want to.
- 1 I can do my usual work, but no more.
- 2 I can do most of my usual work, but no more.
- 3 I cannot do my usual work.
- 4 I can hardly do any work at all.
- 5 I can't do any work at all due to pain.

SECTION 8 – DRIVING

- 0 I can drive my car without any neck pain.
- 1 I can drive my car as long as I want, with slight pain in my neck.
- 2 I can drive my car as long as I want, with moderate pain in my neck.
- 3 I can't drive my car as long as I want, because of moderate pain in my neck.
- 4 I can hardly drive at all, because of severe pain in my neck.
- 5 I can't drive my car at all due to pain.

SECTION 9 – SLEEPING

- 0 I have no trouble sleeping.
- 1 My sleep is slightly disturbed (less than 1 hr sleepless).
- 2 My sleep is mildly disturbed (1-2 hrs sleepless).
- 3 My sleep is moderately disturbed (2-3 hrs sleepless).
- 4 My sleep is greatly disturbed (3-5 hrs sleepless).
- 5 My sleep is completely disturbed (5-7 hrs sleepless).

SECTION 10 – RECREATION

- 0 I am able to engage in all my recreation activities with no neck pain at all.
- 1 I am able to engage in all my recreation activities with some neck pain.
- 2 I am able to engage in most, but not all of my usual recreation activities, because of pain in my neck.
- 3 I am able to engage in few of my recreation activities, because of pain in my neck.
- 4 I can hardly do any recreation activities, because of pain in my neck.
- 5 I can't do any recreational activities at all due to pain.

Name: _____

Date: _____

Score: _____