

**REVISED OSWESTRY LOW BACK DISABILITY QUESTIONNAIRE**Please mark only **one** number in each section.**Section 1 - Pain Intensity**

- 0) I can tolerate the pain without having to use painkillers.
- 2) The pain is bad but I can manage without taking painkillers.
- 4) Painkillers give complete relief from pain.
- 6) Painkillers give moderate relief from pain.
- 8) Painkillers give very little relief from pain.
- 10) Painkillers have no effect on the pain and I do not use them.

**Section 2 - Personal Care (Washing, Dressing, etc.)**

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

**Section 3 - Lifting**

- 0) I can lift heavy weights without extra pain.
- 2) I can lift heavy weights but it gives extra pain.
- 4) Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned.
- 6) Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.
- 8) I can lift very light weights.
- 10) I cannot lift or carry anything at all.

**Section 4 - Walking**

- 0) Pain does not prevent me from walking any distance.
- 2) Pain prevents me from walking more than one mile.
- 4) Pain prevents me from walking more than one-half mile.
- 6) Pain prevents me from walking more than one-quarter mile.
- 8) I can only walk using a stick or crutches.
- 10) I am in bed most of the time and have to crawl to the toilet.

**Section 5 - Sitting**

- 0) I can sit in any chair as long as I like.
- 2) I can only sit in my favorite chair as long as I like.
- 4) Pain prevents me from sitting more than one hour.
- 6) Pain prevents me from sitting more than 30 minutes.
- 8) Pain prevents me from sitting more than 10 minutes.
- 10) Pain prevents me from sitting almost all the time.

**Section 6 - Standing**

- 0) I can stand as long as I want without extra pain.
- 2) I can stand as long as I want but it gives extra pain.
- 4) Pain prevents me from standing more than 1 hour.
- 6) Pain prevents me from standing more than 30 minutes.
- 8) Pain prevents me from standing more than 10 minutes.
- 10) Pain prevents me from standing at all.

**Section 7 - Sleeping**

- 0) Pain does not prevent me from sleeping well.
- 2) I can sleep well only by using tablets.
- 4) Even when I take tablets I have less than 6 hours sleep.
- 6) Even when I take tablets I have less than 4 hours sleep.
- 8) Even when I take tablets I have less than 2 hours sleep.
- 10) Pain prevents me from sleeping at all.

**Section 8 - Social Life**

- 0) My social life is normal and gives me no extra pain.
- 2) My social life is normal but increases the degree of pain.
- 4) Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g. dancing.
- 6) Pain has restricted my social life and I do not go out as often.
- 8) Pain has restricted my social life to my home.
- 10) I have no social life because of pain.

**Section 9 - Traveling**

- 0) I can travel anywhere without extra pain.
- 2) I can travel anywhere but it gives me extra pain.
- 4) Pain is bad but I manage journeys over 2 hours.
- 6) Pain is bad but I manage journeys less than 1 hour.
- 8) Pain restricts me to short necessary journeys under 30 minutes.
- 10) Pain prevents me from traveling except to the doctor or hospital.

**Section 10 - Changing Degree of Pain**

- 0) My pain is rapidly getting better.
- 2) My pain fluctuates but overall is definitely getting better.
- 4) My pain seems to be getting better but improvement is slow at the present.
- 6) My pain is neither getting better nor worse.
- 8) My pain is gradually worsening.
- 10) My pain is rapidly worsening.