

## Oswestry Back Disability Index

This questionnaire is designed to help us better understand how your back pain affects your ability to manage everyday life activities. Please check the box for *the one statement* in each section that applies to you. Although you may consider that two of the statements in any one section relate to you, please mark the box that *most closely* describes your present-day situation. Thank you.

Patient name \_\_\_\_\_

Date \_\_\_\_\_

*Please check one box in each section.*

### Section 1–Pain Intensity

- 0 My pain is mild to moderate. I do not need pain killers.
- 1 The pain is bad, but I manage without taking pain killers.
- 2 Pain killers give complete relief from pain.
- 3 Pain killers give moderate relief from pain.
- 4 Pain killers give very little relief from pain.
- 5 Pain killers have no effect on the pain.

### 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; 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 wash with difficulty and stay in bed.

### Section 3–Lifting

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

### Section 4–Walking

- 0 I can walk as far as I wish.
- 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 walk only if I use a cane or crutches.
- 5 I am in bed or in a chair for most of every day.

### Section 5–Sitting

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

### Section 6–Standing

- 0 I can stand as long as I want without extra pain.
- 1 I can stand as long as I want, but it gives me extra pain.
- 2 Pain prevents me from standing for more than 1 hour.
- 3 Pain prevents me from standing more than ½ hour.
- 4 Pain prevents me from standing more than 10 minutes.
- 5 Pain prevents me from standing at all.

### Section 7–Sleeping

- 0 Pain does not prevent me from sleeping well.
- 1 I sleep well but only when taking medication.
- 2 Even when I take medication, I sleep less than 6 hours.
- 3 Even when I take medication, I sleep less than 4 hours.
- 4 Even when I take medication, I sleep less than 2 hours.
- 5 Pain prevents me from sleeping at all.

### Section 8–Social Life

- 0 Social life is normal and causes me no extra pain.
- 1 Social life is normal, but increases the degree of pain.
- 2 Pain affects my social life by limiting only my more energetic interests, such as dancing, sports, etc.
- 3 Pain has restricted my social life, and I do not go out as often.
- 4 Pain has restricted my social life to my home.
- 5 I have no social life because of pain.

### Section 9–Changing Degree of Pain

- 0 My pain is rapidly getting better.
- 1 My pain fluctuates, but overall is definitely getting better.
- 2 My pain seems to be getting better, but improvement is slow at present.
- 3 My pain is neither getting better nor worse.
- 4 My pain is gradually worsening.

### Section 10–Traveling

- 0 I can travel anywhere without extra pain.
- 1 I can travel anywhere, but it gives me extra pain.
- 2 Pain is bad, but I manage journeys over 2 hours.
- 3 Pain restricts me to journeys of less than 1 hour.
- 4 Pain restricts me to necessary journeys under ½ hour.
- 5 Pain prevents traveling except to the doctor/hospital.

Score: \_\_\_\_\_ (50) Benchmark -5= \_\_\_\_\_