

OSWESTRY DISABILITY INDEX QUESTIONNAIRE

LAST NAME: _____ FIRST NAME: _____ MI: _____ Date: _____

Please select **one** answer for each question:

Section 1 - Pain Intensity	Section 6 - Standing (Remember, standing is NOT walking.):
<input type="radio"/> I can tolerate the pain without having to use painkillers.	<input type="radio"/> I can stand as long as I want without extra pain.
<input type="radio"/> The pain is bad but I can manage without taking painkillers.	<input type="radio"/> I can stand as long as I want but it gives extra pain.
<input type="radio"/> Painkillers give complete relief from pain.	<input type="radio"/> Pain prevents me from standing more than 1 hour.
<input type="radio"/> Painkillers give moderate relief from pain.	<input type="radio"/> Pain prevents me from standing more than 30 minutes.
<input type="radio"/> Painkillers give very little relief from pain.	<input type="radio"/> Pain prevents me from standing more than 10 minutes.
<input type="radio"/> Painkillers have no effect on the pain and I do not use them.	<input type="radio"/> Pain prevents me from standing at all.
Section 2 -- Personal Care (Washing, Dressing, etc.)	Section 7 -- Sleeping
<input type="radio"/> I can look after myself normally without causing extra pain.	<input type="radio"/> Pain does not prevent me from sleeping well.
<input type="radio"/> I can look after myself normally but it causes extra pain.	<input type="radio"/> I can sleep well only by using tablets.
<input type="radio"/> It is painful to look after myself and I am slow and careful.	<input type="radio"/> Even when I take tablets I have less than 6 hours sleep.
<input type="radio"/> I need some help but manage most of my personal care.	<input type="radio"/> Even when I take tablets I have less than 4 hours sleep.
<input type="radio"/> I need help every day in most aspects of self care.	<input type="radio"/> Even when I take tablets I have less than 2 hours sleep.
<input type="radio"/> I do not get dressed, I wash with difficulty and stay in bed.	<input type="radio"/> Pain prevents me from sleeping at all.
Section 3 - Lifting	Section 8 - Sex Life (by pain = for fear of causing pain)
<input type="radio"/> I can lift heavy weights without extra pain.	<input type="radio"/> My sex life is normal and causes no extra pain.
<input type="radio"/> I can lift heavy weights but it gives extra pain.	<input type="radio"/> My sex life is normal and causes some extra pain.
<input type="radio"/> Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example on a table.	<input type="radio"/> My sex life is nearly normal but is very painful.
<input type="radio"/> Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example on a table.	<input type="radio"/> My sex life is severely restricted by pain.
<input type="radio"/> I can lift very light weights.	<input type="radio"/> My sex life is nearly absent because of pain.
<input type="radio"/> I cannot lift or carry anything at all.	<input type="radio"/> Pain prevents any sex life at all.
Section 4 - Walking	Section 9 - Social Life
<input type="radio"/> Pain does not prevent me from walking any distance.	<input type="radio"/> My social life is normal and gives me no extra pain.
<input type="radio"/> Pain prevents me from walking more than one mile.	<input type="radio"/> My social life is normal but increases the degree of pain.
<input type="radio"/> Pain prevents me from walking more than one-half mile.	<input type="radio"/> Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g. dancing.
<input type="radio"/> Pain prevents me from walking more than one-quarter mile	<input type="radio"/> Pain has restricted my social life and I do not go out as often.
<input type="radio"/> I can only walk using a stick or crutches.	<input type="radio"/> Pain has restricted my social life to my home.
<input type="radio"/> I am in bed most of the time and have to crawl to the toilet.	<input type="radio"/> I have no social life because of pain.
Section 5 - Sitting ("Favorite chair" includes a recliner.):	Section 10 - Traveling
<input type="radio"/> I can sit in any chair as long as I like	<input type="radio"/> I can travel anywhere without extra pain.
<input type="radio"/> I can only sit in my favorite chair as long as I like	<input type="radio"/> I can travel anywhere but it gives me extra pain.
<input type="radio"/> Pain prevents me from sitting more than one hour.	Pain is bad but I manage journeys over 2 hours.
<input type="radio"/> Pain prevents me from sitting more than 30 minutes.	Pain is bad but I manage journeys less than 1 hour.
<input type="radio"/> Pain prevents me from sitting more than 10 minutes.	Pain restricts me to short necessary journeys under 30 minutes.
<input type="radio"/> Pain prevents me from sitting almost all the time.	<input type="radio"/> Pain prevents me from traveling except to the doctor or hospital.