

Oswestry Disability Questionnaire (0900)

This questionnaire has been designed to give us information as to how your back or leg pain is affecting your ability to manage in everyday life. Please answer by checking one box in each section for the statement which best applies to you. We realize you may consider that two or more statements in any one section apply, but, please just check the one statement which most clearly describes your problem.

Section 1: Pain Intensity

- I have no pain at the moment (0901)
- The Pain is very mild at the moment (0902)
- The pain is moderate at the moment (0903)
- The pain is fairly severe at the moment (0904)
- The pain is very severe at the moment (0905)
- The pain is the worst imaginable at the moment (0906)

Section 2: Personal Care

- I can look after myself normally without causing extra pain (0907)
- I can look after myself normally but it causes extra pain (0908)
- It is painful to look after myself and I am slow and careful (0909)
- I need some help but can manage most of my personal care (0910)
- I need help every day in most aspects of self-care (0911)
- I do not get dressed, wash with difficulty and stay in bed (0912)

Section 3: Lifting

- I can lift heavy weights without extra pain (0913)
- I can lift heavy weights but it gives me extra pain (0914)
- Pain prevents me lifting from heavy weights but I can manage if they are conveniently placed. Ex- On a table (0915)
- Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned (0916)
- I can only lift very light weights (0917)
- I cannot lift or carry anything (0918)

Section 4: Walking

- Pain does not prevent me from walking any distance (0919)
- Pain prevents me from walking more than 1 mile (0920)
- Pain prevents me from walking more than ½ mile (0921)
- Pain prevents me from walking more than ¼ mile (0922)
- I can only walk using a stick or crutches (0923)
- I am in bed/chair most of the time (0924)

Section 5: Sitting

- I can sit in a chair for as long as I like (0925)
- I can only sit in my favorite chair as long as I like (0926)
- Pain prevents me from sitting more than one hour (0927)
- Pain prevents me from sitting more than 30 minutes (0928)
- Pain prevents me from sitting more than 10 minutes (0929)
- Pain prevents me from sitting at all (0930)

Section 6: Standing

- I can stand as long as I want without extra pain (0931)
- I can stand as long as I want but it gives me extra pain (0932)
- Pain prevents me from standing for more than 1 hour (0933)
- Pain prevents me from standing for more than 30 minutes (0934)
- Pain prevents me from standing for more than 10 minutes (0935)
- Pain prevents me from standing at all (0936)

Section 7: Sleeping

- My sleep is never disrupted by pain (0937)
- My sleep is occasionally disrupted by pain (0938)
- Because of pain I have less than 6 hours sleep (0939)
- Because of pain I have less than 4 hours sleep (0940)
- Because of pain I have less than 2 hours sleep (0941)
- Pain prevents me from sleeping at all (0942)

Section 8: Social Life

- My social life is normal and causes no extra pain (0943)
- My social life is normal but causes some extra pain (0944)
- My social life is normal but is very painful (0945)
- My social life is severely restricted by pain (0946)
- My social life is nearly absent because of pain (0947)
- Pain prevents any social life at all (0948)

Section 9: Changing Degree of Pain

- My pain is rapidly getting better (0949)
- My pain fluctuates, but overall is definitely getting better (0950)
- My pain seems to be getting better, but improvement is slow at the present time (0951)
- My pain is neither getting better nor worse (0952)
- My pain is gradually worsening (0953)

Section 10: Traveling

- I can travel anywhere without pain (0954)
- I can travel anywhere but it gives me extra pain (0955)
- Pain is bad but I manage journeys over two hours (0956)
- Pain restricts me to journeys of less than one hour (0957)
- Pain restricts me to short necessary journeys under 30 minutes (0958)
- Pain prevents me from traveling except to receive treatment (0959)