

LOW BACK (Revised Oswestry)

Patient Name: _____

Date: _____

PLEASE READ INSTRUCTIONS:

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

SECTION 1 – PAIN INTENSITY

- The pain comes and goes and is very mild.
- The pain is mild and does not vary much.
- The pain comes and goes and is moderate.
- The pain is moderate and does not vary much.
- The pain comes and goes and is severe.
- The pain is severe and does not vary much.

SECTION 2 – PERSONAL CARE

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

SECTION 3 – LIFTING

- I can lift heavy weights without extra pain.
- I can lift heavy weights but it gives extra pain.
- Pain prevents me from lifting heavy weights off the floor, but can manage if they are conveniently positioned, (ie. on a table).
- Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.
- I can lift very light weights at the most.
- I cannot lift or carry anything at all.

SECTION 4 – WALKING

- I do not have pain while walking.
- I have some pain on walking but it does not increase with distance.
- I cannot walk more than 1km without increasing the pain.
- I cannot walk more than 1/2 km without increasing the pain.
- I cannot walk more than 1/4km without increasing the pain.
- I cannot walk at all without increasing the pain.

SECTION 5 – SITTING

- I can sit in any chair as long as I like.
- I can only sit in my favorite chair as long as I like.
- Pain prevents me from sitting more than one hour.
- Pain prevents me from sitting more than half an hour.
- Pain prevents me from sitting for more than 10 minutes.
- I avoid sitting because it increases pain straight away.

SECTION 6 – STANDING

- I can stand as long as I want without pain.
- I have some pain on standing but it does not increase with time.
- I cannot stand for greater than one hour without increasing pain.
- I cannot stand for greater than half an hour without increasing the pain.
- I cannot stand for greater than 10 minutes without increasing the pain.
- I avoid standing because it increase the pain straight away.

SECTION 7 – SLEEPING

- I get no pain in bed.
- I get pain in bed but it does not prevent me from sleeping well.
- Pain reduces my normal night's sleep by less than 1/4.
- Pain reduces my normal night's sleep by less than 1/2.
- Pain reduces my normal night's sleep by less than 3/4.
- Pain prevents me from sleeping at all.

SECTION 8 – SOCIAL LIFE

- My social life is normal and gives me no pain.
- My social life is normal but increases the degree of pain
- Pain has no significant effect on my social life apart from limiting my more energetic interests (ie. dancing etc).
- Pain has restricted my social life and I do not go out very often.
- Pain has restricted my social life to my home.
- I have hardly any social life because of the pain.

SECTION 9 – TRAVELING

- I get no pain whilst traveling.
- I get some pain whilst traveling but none of my usual forms of travel make it any worse.
- I get extra pain whilst traveling but it does not compel me to seek alternate forms of travel.
- I get extra pain whilst traveling which compels me to seek alternate forms of travel.
- Pain restricts all forms of travel.
- Pain prevents all forms of travel except than done lying down.

SECTION 10 – CHANGING DEGREE OF PAIN

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

Pain Scale:

Rate the severity of your pain by checking one box on the following scale.

0	1	2	3	4	5	6	7	8	9	10
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No Pain

Excruciating Pain