

OSWESTRY DISABILITY INDEX

Patient Name _____

Pain Intensity

- I have no pain at the moment
- The pain is very mild at the moment
- The pain is moderate at the moment
- The pain is very severe at the moment
- The pain is the worst imaginable at the moment

Personal Care (washing, dressing, etc.)

- I can look after myself normally w/o causing extra pain
- I can look after myself normally but it is very painful
- It is painful to look after myself and I am slow and careful
- I need some help but manage in most aspects of self-care
- I don't get dressed, wash with difficulty and stay in bed

Lifting

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

Walking

- Pain does not prevent me from walking any distance
- Pain prevents me from walking more than one mile
- Pain prevents me from walking more than a quarter of a mile
- Pain prevents me from walking more than 100 yards
- I can only walk using a stick or crutches
- I am in bed most of the time and have to crawl to the toilet

Sitting

- I can sit in any chair as long as I like
- I can sit in my favorite chair for as long as I like
- Pain prevents me from sitting for more than 1 hour
- Pain prevents me from sitting for more than one half hour
- Pain prevents me from sitting for more than 10 minutes
- Pain prevents me from sitting at all

Standing

- I can stand as long as I want without extra pain
- I can stand as long as I want, but it gives me extra pain
- Pain prevents me from standing for more than one hour
- Pain prevents me from standing for more than one half hour
- Pain prevents me from standing for more than 10 minutes
- Pain prevents me from standing at all

Sleeping

- My sleeping is never disturbed by pain
- My sleep is occasionally disturbed by pain
- Because of pain I get less than 6 hours of sleep
- Because of pain I get less than 4 hours of sleep
- Because of pain I get less than 2 hours of sleep
- Pain prevents me from getting any sleep at all

Sex Life

- My sex life is normal and causes me no extra pain
- My sex life is normal but I causes some extra pain
- My sex life is nearly normal but it is very painful
- My sex life is severely restricted because of pain
- My sex life is nearly absent because of pain
- Pain prevents me from any sex life at all

Social Life

- My social life is normal and causes me no extra 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. E.g sports
- Pain has restricted my social life and I do not go out as often
- Pain has restricted my social life to home
- I have no social life because of pain

Traveling

- I can travel anywhere without pain
- I can travel anywhere but it gives me extra pain
- Pain is bad but I can manage journeys over 2 hours
- Pain restricts me to journeys less than one hour
- Pain restricts me to short necessary journeys under 30 minute
- Pain prevents me from traveling except to receive treatment

Height: _____

Weight: _____

BP: _____

Pulse: _____