

REVISED 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"/> The pain comes and goes and is very mild.	<input type="radio"/> I can stand as long as I want without pain.
<input type="radio"/> The pain is mild and does not vary much.	<input type="radio"/> I have some pain while standing, but it does not increase with time.
<input type="radio"/> The pain comes and goes and is moderate.	<input type="radio"/> I cannot stand for longer than 1 hour without increasing pain.
<input type="radio"/> The pain is moderate and does not vary much.	<input type="radio"/> I cannot stand for longer than ½ hour without increasing pain.
<input type="radio"/> The pain comes and goes and is severe.	<input type="radio"/> I cannot stand for longer than 10 minutes without increasing pain.
<input type="radio"/> The pain is severe and does not vary much.	<input type="radio"/> I avoid standing, because it increases the pain straight away.
Section 2 -- Personal Care (Washing, Dressing, etc.)	Section 7 -- Sleeping
<input type="radio"/> I would not have to change my way of washing or dressing in order to avoid pain	<input type="radio"/> I get no pain in bed.
<input type="radio"/> I do not normally change my way of washing or dressing even though it causes some pain.	<input type="radio"/> I get pain in bed, but it does not prevent me from sleeping well.
<input type="radio"/> Washing and dressing increases the pain, but I manage not to change my way of doing it.	<input type="radio"/> Because of pain, my normal night's sleep is reduced by less than one than one quarter.
<input type="radio"/> Washing and dressing increases the pain and I find it necessary to change my way of doing it.	<input type="radio"/> Because of pain, my normal night's sleep is reduced by less than one half.
<input type="radio"/> Because of the pain, I am unable to do some washing and dressing without help.	<input type="radio"/> Because of pain, my normal night's sleep is reduced by less than one than three-quarter.
<input type="radio"/> Because of the pain, I am unable to do any washing or dressing without help.	<input type="radio"/> Pain prevents me from sleeping at all.
Section 3 - Lifting	Section 8 - Social Life
<input type="radio"/> I can lift heavy weights without extra pain.	<input type="radio"/> My social life is normal and gives me no pain.
<input type="radio"/> I can lift heavy weights but it gives extra pain.	<input type="radio"/> My social life is normal but increases the degree of pain.
<input type="radio"/> Pain prevents me from lifting heavy weights off the floor	<input type="radio"/> Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g. dancing, etc.
<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"/> Pain has restricted my social life and I do not go out as often.
<input type="radio"/> Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.	<input type="radio"/> Pain has restricted my social life to my home.
<input type="radio"/> I can only lift very light weights, at the most	<input type="radio"/> I have hardly any social life because of pain.
Section 4 - Walking	Section 9- Traveling
<input type="radio"/> Pain does not prevent me from walking any distance.	<input type="radio"/> I get no pain while traveling.
<input type="radio"/> Pain prevents me from walking more than one mile.	<input type="radio"/> I get some pain while traveling, but none of my usual forms of travel make it any worse.
<input type="radio"/> Pain prevents me from walking more than ½ mile.	<input type="radio"/> I get extra pain while traveling, but it does not compel me to seek alternative forms of travel.
<input type="radio"/> Pain prevents me from walking more than ¼ mile	<input type="radio"/> I get extra pain while traveling which compels me to seek alternative forms of travel.
<input type="radio"/> I can only walk using a cane or crutches	<input type="radio"/> Pain restricts me for all forms of travel.
<input type="radio"/> I am in bed most of the time and have to crawl to the toilet.	<input type="radio"/> Pain prevents all forms of travel except that down lying down.
Section 5 - Sitting ("Favorite chair" includes a recliner.):	Section 10 - Changing Degree of Pain
<input type="radio"/> I can sit in any chair as long as I like without pain.	<input type="radio"/> My pain is rapidly getting better.
<input type="radio"/> I can only sit in my favorite chair as long as I like	<input type="radio"/> My pain fluctuates but overall is definitely getting better.
<input type="radio"/> Pain prevents me from sitting more than one hour.	<input type="radio"/> My pain seems to be getting better but improvement is slow at the present.
<input type="radio"/> Pain prevents me from sitting more than ½ hour.	<input type="radio"/> My pain is neither getting better nor worse.
<input type="radio"/> Pain prevents me from sitting more than 10 minutes.	<input type="radio"/> My pain is gradually worsening.
<input type="radio"/> Pain prevents me from sitting	<input type="radio"/> My pain is rapidly worsening.