

## Back Disability Questionnaire (Revised Oswestry)

Patient Name \_\_\_\_\_ Date \_\_\_\_\_

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

<b>Section 1: Pain Intensity</b>	<b>Section 2: Personal Care (Washing, Dressing, etc.)</b>
<ul style="list-style-type: none"> <li><input type="radio"/> I can tolerate the pain without having to use painkillers.</li> <li><input type="radio"/> The pain is bad but I can manage without taking painkillers.</li> <li><input type="radio"/> Painkillers give <b>complete</b> relief from pain.</li> <li><input type="radio"/> Painkillers give <b>moderate</b> relief from pain.</li> <li><input type="radio"/> Painkillers give <b>very little</b> relief from pain.</li> <li><input type="radio"/> Painkillers have <b>no effect</b> on the pain and I do not use them.</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> I can look after myself normally without causing extra pain.</li> <li><input type="radio"/> I can look after myself normally but it causes extra pain.</li> <li><input type="radio"/> It is painful to look after myself and I am slow and careful.</li> <li><input type="radio"/> I need some help but manage most of my personal care.</li> <li><input type="radio"/> I need help every day in most aspects of self care.</li> <li><input type="radio"/> I do not get dressed, I wash with difficulty and stay in bed.</li> </ul>
<b>Section 3: Lifting</b>	<b>Section 4: Walking</b>
<ul style="list-style-type: none"> <li><input type="radio"/> I <b>can</b> lift heavy weights <b>without</b> extra pain.</li> <li><input type="radio"/> I <b>can</b> lift heavy weights but it <b>gives extra pain</b>.</li> <li><input type="radio"/> Pain prevents me from lifting heavy weights off the floor, but I can manage <b>if they are conveniently positioned</b>, for example on a table.</li> <li><input type="radio"/> Pain prevents me from lifting heavy weights, but I <b>can manage light to medium</b> weights if they are conveniently positioned.</li> <li><input type="radio"/> I can lift very light weights.</li> <li><input type="radio"/> I cannot lift or carry anything at all.</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Pain does not prevent me from walking any distance.</li> <li><input type="radio"/> Pain prevents me from walking <b>more than one mile</b>.</li> <li><input type="radio"/> Pain prevents me from walking <b>more than one-half mile</b>.</li> <li><input type="radio"/> Pain prevents me from walking <b>more than one-quarter mile</b>.</li> <li><input type="radio"/> I can only walk using a stick or crutches.</li> <li><input type="radio"/> I am in bed most of the time and have to crawl to the toilet.</li> </ul>
<b>Section 5: Sitting</b>	<b>Section 6: Standing</b>
<ul style="list-style-type: none"> <li><input type="radio"/> I can sit in any chair as long as I like.</li> <li><input type="radio"/> I can only sit in my favorite chair as long as I like.</li> <li><input type="radio"/> Pain prevents me from sitting <b>more than one hour</b>.</li> <li><input type="radio"/> Pain prevents me from sitting <b>more than 30 minutes</b>.</li> <li><input type="radio"/> Pain prevents me from sitting <b>more than 10 minutes</b>.</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> I can stand as long as I want <b>without</b> extra pain.</li> <li><input type="radio"/> I can stand as long as I want but it <b>gives extra pain</b>.</li> <li><input type="radio"/> Pain prevents me from standing <b>more than 1 hour</b>.</li> <li><input type="radio"/> Pain prevents me from standing <b>more than 30 minutes</b>.</li> <li><input type="radio"/> Pain prevents me from standing <b>more than 10 minutes</b>.</li> <li><input type="radio"/> Pain prevents me from standing at all.</li> </ul>

**CONTINUED ON BACK SIDE >**

○ Pain prevents me from sitting almost all the time.	
<b>Section 7: Sleeping</b>	<b>Section 8: Social Life</b>
<ul style="list-style-type: none"> <li>○ Pain does not prevent me from sleeping well.</li> <li>○ I can sleep well <b>only</b> by using tablets.</li> <li>○ Even when I take tablets I have <b>less than 6 hours sleep.</b></li> <li>○ Even when I take tablets I have <b>less than 4 hours sleep.</b></li> <li>○ Even when I take tablets I have <b>less than 2 hours sleep.</b></li> <li>○ Pain prevents me from sleeping at all.</li> </ul>	<ul style="list-style-type: none"> <li>○ My social life is normal and gives me no extra pain.</li> <li>○ My social life is normal but increases the degree of pain.</li> <li>○ Pain has no significant effect on my social life apart from limiting my more energetic interests (e.g. dancing).</li> <li>○ Pain has restricted my social life, and I do not go out as often.</li> <li>○ Pain has restricted my social life to my home.</li> <li>○ I have no social life because of pain.</li> </ul>
<b>Section 9: Traveling</b>	<b>Section 10: Changing Degree of Pain</b>
<ul style="list-style-type: none"> <li>○ I can travel anywhere without extra pain.</li> <li>○ I can travel anywhere but it gives me extra pain.</li> <li>○ Pain is bad but I manage journeys <b>over 2 hours.</b></li> <li>○ Pain is bad but I manage journeys <b>less than 1 hour.</b></li> <li>○ Pain restricts me to short necessary journeys <b>under 30 minutes.</b></li> <li>○ Pain prevents me from traveling except to the doctor or hospital.</li> </ul>	<ul style="list-style-type: none"> <li>○ My pain is rapidly getting better.</li> <li>○ My pain fluctuates but overall is definitely getting better.</li> <li>○ My pain seems to be getting better, but improvement is slow at the present.</li> <li>○ My pain is neither getting better nor worse.</li> <li>○ My pain is gradually worsening.</li> <li>○ My pain is rapidly worsening.</li> </ul>

Score: \_\_\_\_\_ / 50

Reference: Fairbank, Physiotherapy 1981; 66(8): 271-3, Huson-Cook. In Roland, Jenner (eds.), Back Pain New Approaches To Rehabilitation & Education. Manchester Univ Press, Manchester 1989: 187-204

Reference: Fairbank, Physiotherapy 1981; 66(8): 271-3, Huson-Cook. In Roland, Jenner (eds.), Back Pain New Approaches To