

## Modified Oswestry Disability Questionnaire

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Instructions:** Circle the ONE NUMBER in each section which best describes your problem.

### Pain Intensity

- 0 The pain is mild and comes and goes.
- 1 The pain is mild and does not vary much.
- 2 The pain is moderate and comes and goes.
- 3 The pain is moderate and does not vary much.
- 4 The pain is severe and comes and goes.
- 5 The pain is severe and does not vary much.

### Personal Care (Washing, Dressing, etc.)

- 0 I do not have to change the way I wash and dress myself to avoid pain.
- 1 I do not normally change the way I wash or dress myself even though it causes some pain.
- 2 Washing and dressing increases my pain, but I can do it without changing my way of doing it.
- 3 Washing and dressing increases my pain, and I find it necessary to change the way I do it.
- 4 Because of my pain I am partially unable to wash and dress without help.
- 5 Because of my pain I am completely unable to wash or dress without help.

### Lifting

- 0 I can lift heavy weights without increased pain.
- 1 I can lift heavy weights but it causes increased pain
- 2 Pain prevents me from lifting heavy weights off of the floor, but I can manage if they are conveniently positioned (ex. on a table, etc.).
- 3 Pain prevents me from lifting heavy weights off of the floor, but I can manage light to medium weights if they are conveniently positioned.
- 4 I can lift only very light weights.
- 5 I can not lift or carry anything at all.

### Walking

- 0 I have no pain when walking.
- 1 I have pain when walking, but I can still walk my required normal distances.
- 2 Pain prevents me from walking long distances.
- 3 Pain prevents me from walking intermediate distances.
- 4 Pain prevents me from walking even short distances.
- 5 Pain prevents me from walking at all.

### Sitting

- 0 Sitting does not cause me any pain.
- 1 I can only sit as long as I like providing that I have my choice of seating surfaces.
- 2 Pain prevents me from sitting for more than 1 hour.
- 3 Pain prevents me from sitting for more than 1/2 hour.
- 4 Pain prevents me from sitting for more than 10 minutes.
- 5 Pain prevents me from sitting at all.

*Continued on back*

**Standing**

- 0 I can stand as long as I want without increased pain.
- 1 I can stand as long as I want but my pain increases with time.
- 2 Pain prevents me from standing more than 1 hour.
- 3 Pain prevents me from standing more than 1/2 hour.
- 4 Pain prevents me from standing more than 10 minutes.
- 5 I avoid standing because it increases my pain right away.

**Sleeping**

- 0 I get no pain when I am in bed.
- 1 I get pain in bed, but it does not prevent me from sleeping well.
- 2 Because of my pain, my sleep is only 3/4 of my normal amount.
- 3 Because of my pain, my sleep is only 1/2 of my normal amount.
- 4 Because of my pain, my sleep is only 1/4 of my normal amount.
- 5 Pain prevents me from sleeping at all.

**Social Life**

- 0 My social life is normal and does not increase my pain.
- 1 My social life is normal, but it increases my level of pain.
- 2 Pain prevents me from participating in more energetic activities (ex. sports, dancing, etc.)
- 3 Pain prevents me from going out very often.
- 4 Pain has restricted my social life to my home.
- 5 I have hardly any social life because of my pain.

**Traveling**

- 0 I get no increased pain when traveling.
- 1 I get some pain while traveling, but none of my usual forms of travel make it any worse.
- 2 I get increased pain while traveling, but it does not cause me to seek alternative forms of travel.
- 3 I get increased pain while traveling which causes me to seek alternative forms of travel.
- 4 My pain restricts all forms of travel except that which is done while I am lying down.
- 5 My pain restricts all forms of travel.

**Employment/Homemaking**

- 0 My normal job/homemaking activities do not cause pain.
- 1 My normal job/homemaking activities increase my pain, but I can still perform all that is required of me.
- 2 I can perform most of my job/homemaking duties, but pain prevents me from performing more physically stressful activities (ex. lifting, vacuuming)
- 3 Pain prevents me from doing anything but light duties.
- 4 Pain prevents me from doing even light duties.
- 5 Pain prevents me from performing any job or homemaking chores.

**TOTAL** \_\_\_\_\_

Adapted from Hudson-Cook N, Tomes-Nicholson K, Breen A. A revised oswestry disability questionnaire. In: Roland M, Jenner J, eds. Back Pain: New Approaches to Rehabilitation and Education. New York: Manchester University Press; 1989. p. 187-204.