

## Oswestry (Low Back) Index Questionnaire

This questionnaire is designed to enable us to understand how your LOW back pain has affected your ability to manage your everyday activities. Please answer each section by marking the ONE CHOICE that most applies to you. We realize you may feel that more than one statement may relate to you, but please just mark one choice which MOST closely describes your problem now.

### Section 1 – Pain

- 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 do 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 increases pain, but I manage not to change my way of doing it.
- Washing and dressing increases my 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 pain.
- Because of the pain, I am unable to do any washing or dressing without help.

### Section 3 – Lifting

- I can lift heavy weights without extra pain.
- I can lift heavy weights but it causes extra pain.
- Pain prevents me from lifting heavy weight off the floor.
- Pain prevents me from lifting heavy weight off the floor, but I can manage if they are positioned higher.
- Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are positioned higher.
- I can only lift very light weights at most.

### Section 4 – Walking

- Pain does not prevent me from walking any distance.
- Pain prevents me from walking more than a mile.
- Pain prevents me from walking more than ½ mile.
- Pain prevents me from walking more than 1/4 mile.
- I can walk only if I use a cane or crutches.
- I am in bed or in a chair for most of the day.

### Section 5 – Sitting

- I can sit in any chair for as long as I like without pain.
- I can only sit in my favorite chair as long as I like.
- Pain prevents me from sitting for more than 1 hour.
- Pain prevents me from sitting for more than ½ hour.

### Section 6 – Standing

- I can stand as long as I want without pain.
- I have some pain while standing, but it does not increase with time.
- I cannot stand for longer than one hour without increased pain.
- I cannot stand for longer than ½ hour without increased pain.
- I cannot stand for longer than ten mins. without increased pain.
- I avoid standing because it increases the pain intensely.

### Section 7 – Sleeping

- I get no pain in bed.
- I get pain at bedtime, but it doesn't prevent me from sleeping.
- Because of pain, my normal night's sleep is reduced by less than 15 mins.
- Because of pain, my normal night's sleep is reduced by less than 30 mins.
- Because of pain, my normal night's sleep is reduced by less than 45 mins.
- Pain prevents me from sleeping at all.

### Section 8 – Social Life

- Social life is normal and causes me no pain.
- Social life is normal, but increases the pain.
- Pain has no significant effect on my social life apart from limiting my more energetic activities e.g., dancing etc.
- Pain has restricted my social life, and I don't go out.
- Pain has restricted my social life to my home.
- I have no social life.

### Section 9 – Sexual Activity

- Sexual activity is normal and causes no pain.
- Sexual activity is normal, but causes some extra pain.
- Sexual activity is nearly normal, but is very painful.
- Sexual activity is nearly absent because of pain.
- Pain prevents any sexual activity at all.

### Section 10 – Traveling

- I get no pain while traveling.
- I get some pain while traveling, but none of my usual forms of travel make it worse.
- I get extra pain while traveling, but it doesn't compel me to seek alternative forms of travel.
- I get extra pain while traveling which compels me to seek alternative forms of travel.
- Pain restricts all forms of travel.
- Pain prevents all forms of travel except that done lying down.