



Patient Name: \_\_\_\_\_ MRN: \_\_\_\_\_ Date: \_\_\_\_\_ Score: \_\_\_\_\_ [50]

## Modified Oswestry Low Back Pain Disability Questionnaire

Choose ONE answer that best describes how you are feeling

### Pain Intensity

- The pain is mild and comes and goes.
- The pain is mild and does not vary much.
- The pain is moderate and comes and goes.
- The pain is moderate and does not vary much.
- The pain is severe and comes and goes.
- The pain is severe and does not vary much.

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

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

### Lifting

- I can lift heavy weights without increased pain.
- I can lift heavy weights but it causes increased pain.
- 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.).
- Pain prevents me from lifting heavy weights off of the floor, 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

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

### Sitting

- Sitting does not cause me any pain.
- I can only sit as long as I like providing that I have my choice of seating surfaces.
- Pain prevents me from sitting for more than 1 hour.
- Pain prevents me from sitting for more than ½ 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 increased pain.
- I can stand as long as I want but my pain increases with time.
- Pain prevents me from standing more than 1 hour.
- Pain prevents me from standing for more than ½ hour.
- Pain prevents me from standing for more than 10 minutes.
- I avoid standing because it increases my pain right away.

### **Sleeping**

- I get no pain when I am in bed.
- I get pain in bed, but it does not prevent me from sleeping well.
- Because of my pain, my sleep is only ¾ of my normal amount.
- Because of my pain, my sleep is only ½ of my normal amount.
- Because of my pain, my sleep is only ¼ of my normal amount.
- Pain prevents me from sleeping at all.

### **Social Life**

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

### **Traveling**

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

### **Employment/Homemaking**

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