

# Oswestry Low Back Pain Scale

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

Date \_\_\_\_\_

Please rate the severity of your pain by circling a number below:

## Pain Intensity

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

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

- (0) I would not have to change my way of washing or dressing in order to avoid pain
- (1) I do not normally change my way of washing or dressing even though it causes some pain
- (2) Washing and dressing increase the pain but I manage not to change my way of doing it.
- (3) Washing and dressing increase the pain and I find it necessary to change my way of doing it.
- (4) Because of the pain I am unable to do some washing and dressing without help.
- (5) Because of the pain I am unable to do any washing and dressing without help.

## Lifting

- (0) I can lift heavy weights without extra pain.
- (1) I can lift heavy weights but it gives extra pain.
- (2) Pain prevents me lifting heavy weights off the floor.
- (3) Pain prevents me lifting heavy weights off the floor, but I can manage if they are conveniently positioned, e.g., on a table.
- (4) Pain prevents me lifting heavy weights but I can manage light to medium weights if they are conveniently positioned.
- (5) I can only lift very light weights at most

## Walking

- (0) I have no pain walking
- (1) I have some pain on walking but it does not increase with distance
- (2) I cannot walk more than 1 mile without increasing pain.
- (3) I cannot walk more than ½ mile without increasing pain.
- (4) I cannot walk more than ¼ mile without increasing pain.
- (5) I cannot walk at all without increasing pain.

## Sitting

- (0) I can sit in any chair as long as I like
- (1) I can sit only in my favorite chair as long as I like
- (2) Pain prevents me from sitting more than 1 hour.
- (3) Pain prevents me from sitting more than ½ hour.
- (4) Pain prevents me from sitting more than 10 minutes.
- (5) I avoid sitting because it increase pain immediately.

## Standing

- (0) I can stand as long as I want without pain.
- (1) I have some pain on standing but it does not increase with time.
- (2) I cannot stand for longer than 1 hour without increasing pain.
- (3) I cannot stand for longer than ½ hour without increasing pain.
- (4) I cannot stand for longer than 10 minutes without increasing pain
- (5) I avoid standing because it increases the pain immediately.

## Sleeping

- (0) I get no pain in bed.
- (1) I get pain in bed but it does not prevent me from sleeping well.
- (2) Because of pain my normal nights sleep is reduced by less than one-quarter.
- (3) Because of pain my normal nights sleep is reduced by less than one-half.
- (4) Because of pain my normal nights sleep is reduced by less than three-quarters.
- (5) Pain prevents me from sleeping at all.

## Social Life

- (0) My social life is normal and gives me no pain
- (1) My social life is normal but increases the degree of pain.
- (2) Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g. dancing etc.
- (3) Pain has restricted my social life and I do not go out very often
- (4) Pain has restricted my social life to my home.
- (5) I have hardly any social life because of the pain.

## Traveling

- (0) I get no pain when traveling.
- (1) I get some pain when traveling but none of my usual forms of travel make it worse.
- (2) I get extra pain while traveling but it does not compel me to seek alternate forms of travel
- (3) I get extra pain while traveling which compels me to seek alternative forms of travel.
- (4) Pain restricts me to short necessary journeys under ½ hour
- (5) Pain restricts all forms of travel

## Changing Degree of Pain

- (0) My pain is rapidly getting better
- (1) My pain fluctuates but is definitely getting better.
- (2) My pain seems to be getting better but improvement is slow
- (3) My pain is neither getting better or worse.
- (4) My pain is gradually worsening
- (5) My pain is rapidly worsening

Index score = [Sum of all statements selected / (# of selections with a statement selected) X 5] X 100

Back Index Score \_\_\_\_\_