

ARLINGTON CHIROPRACTIC CLINIC

Date _____ Dr. _____ Patient _____ # _____

OSWESTRY QUESTIONNAIRE

LOW BACK

Instructions: This questionnaire has been designed to enable us to understand how your back 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 THE ONE CHOICE WHICH MOST CLOSELY DESCRIBES YOUR PROBLEM RIGHT NOW.

PAIN INTENSITY

- ☐ 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.

PERSONAL CARE (WASHING, DRESSING, ETC.)

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

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 weights off the floor.
- ☐ Pain prevents me from lifting heavy weights off the floor but I can manage if they are conveniently positioned, e.g., on a table.
- ☐ Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned.
- ☐ I can only lift light weights at the most.

WALKING

- ☐ Pain does not prevent me from walking any distance.
- ☐ Pain prevents me from walking more than one mile.
- ☐ Pain prevents me from walking more than 1/2 mile.
- ☐ Pain prevents me from walking more than 1/4 mile.
- ☐ I can only walk while using a cane or on crutches.
- ☐ I am in bed most of the time and have to crawl to the toilet.

SITTING

- ☐ I can sit in a chair 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 more than one hour.
- ☐ Pain prevents me from sitting more than 1/2 hour.
- ☐ Pain prevents me from sitting more than ten minutes.
- ☐ Pain prevents me from sitting at all.

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 increasing pain.
- ☐ I cannot stand for longer than 1/2 hour without increasing pain.
- ☐ I cannot stand for longer than ten minutes without increasing pain.
- ☐ I avoid standing because it increases the pain straight away.

OVER →

Date _____ Dr. _____ Patient _____ # _____

SLEEPING

- ___ I get no pain in bed.
- ___ I get pain in bed, but it does not prevent me from sleeping well.
- ___ Because of pain, my normal night's sleep is reduced by less than one-quarter.
- ___ Because of pain, my normal night's sleep is reduced by less than one-half.
- ___ Because of pain, my normal night's sleep is reduced by less than three-quarters.
- ___ Pain prevents me from sleeping at all.

TRAVELING

- ___ I get no pain while traveling.
- ___ I get some pain while traveling, but none of my usual forms of travel make it any worse.
- ___ I get some pain while traveling, but it does not compel me to seek alternative forms of travel.
- ___ I get extra pain while traveling that requires me to seek alternative forms of travel.
- ___ Pain restricts all forms of travel.
- ___ Pain prevents all forms of travel except that done lying down.

SOCIAL LIFE

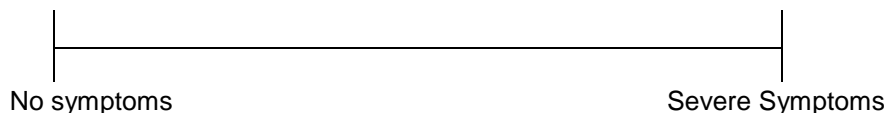
- ___ My social life is normal and gives me no pain.
- ___ My social life is normal, but increases the degree of my pain.
- ___ Pain has no significant effect on my social life apart from limiting my more energetic interests (e.g., dancing, etc.)
- ___ Pain has restricted my social life and I do not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

CHANGING DEGREE OF PAIN

- ___ My pain is rapidly getting better.
- ___ My pain fluctuates, but overall is definitely getting better.
- ___ My pain seems to be getting better, but improvement is slow at present.
- ___ My pain is neither getting better nor worse.
- ___ My pain is gradually worsening.
- ___ My pain is rapidly worsening.

PAIN SCALE

Make one mark on the line below to indicate your present pain level:



SIGNATURE _____

DATE _____

With Permission from: Hudson-Cook N. Tomes-Nicholson K, Breen AC. A Revised Oswestry Back Disability Questionnaire. Manchester Univ Press, 1989.

ARLINGTON CHIROPRACTIC CLINIC • 1702 W. CAMPBELL STREET • ARLINGTON HEIGHTS, IL. 60005 • 847/259-4493