

# GARDINER FAMILY CHIROPRACTIC

## MODIFIED OSWESTRY LOW BACK PAIN AND DISABILITY QUESTIONNAIRE

Name \_\_\_\_\_ Date \_\_\_\_\_

The purpose of this questionnaire is to measure your perceived disability from your low back. The selections you choose will give your doctor information about how your pain has affected your ability to manage in everyday life.

**INSTRUCTIONS:** In each section, mark with an "X" only one box which most closely applies to your low back. Please answer every section.

### PAIN INTENSITY – LOW BACK

- 0 I have no pain at the moment.
- 1 Pain is very mild at the moment.
- 2 Pain is moderate at the moment.
- 3 Pain is fairly severe at the moment.
- 4 Pain is very severe at the moment.
- 5 Pain is the worst imaginable at the moment.

### STANDING – LOW BACK

- 0 I can stand as long as I want without extra pain.
- 1 I can stand as long as I want but it gives me extra pain.
- 2 Pain prevents me from standing for more than 1 hour.
- 3 Pain prevents me from standing for more than ½ hour.
- 4 Pain prevents me from standing for more than 10 minutes.
- 5 Pain prevents me from standing at all.

### PERSONAL CARE (WASHING AND DRESSING)

- 0 I can look after myself normally without causing extra pain.
- 1 I can look after myself normally, but it causes extra pain.
- 2 It is painful to look after myself and I am slow and careful.
- 3 I need some help, but manage most of my personal care.
- 4 I need help every day in most aspects of self care.
- 5 I don't get dressed, wash with difficulty, and stay in bed.

### SLEEPING – LOW BACK

- 0 I have no trouble sleeping.
- 1 I can only sleep well by taking medications
- 2 I get less than 6 hours sleep before the pain wakes me up.
- 3 I get less than 4 hours sleep before the pain wakes me up.
- 4 I get less than 2 hours sleep before the pain wakes me up.
- 5 My low back pain prevents me from sleeping at all.

### LIFTING – LOW BACK

- 0 I can lift heavy weights without extra pain.
- 1 I can lift heavy weights but it gives me extra pain.
- 2 Pain prevents me from lifting heavy weights and I can manage if they are conveniently positioned.
- 3 Pain prevents me from lifting heavy weights and I can manage light to medium weights conveniently positioned.
- 4 I can only lift very light weights.
- 5 I cannot lift or carry anything at all.

### CHANGING DEGREE OF PAIN – LOW BACK

- 0 My pain is decreasing and I am getting better.
- 1 My pain fluctuates, but I am gradually getting better.
- 2 My pain is decreasing, and my improvement is slow.
- 3 My pain is not changing and I am not getting better or worse.
- 4 My pain is increasing, and I am gradually getting worse.
- 5 My pain is increasing, and I am rapidly getting worse.

### WALKING – LOW BACK

- 0 Pain does not prevent me from walking any distance.
- 1 Pain prevents me from walking more than 1 mile.
- 2 Pain prevents me from walking more than ½ mile.
- 3 Pain prevents me from walking more than ¼ mile.
- 4 I can only walk using a cane or crutches.
- 5 I am in bed most of the time and I crawl to the toilet.

### SOCIAL LIFE – LOW BACK

- 0 My social life is normal and gives me no extra 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, such as dancing, etc.
- 3 Pain has restricted my social life, I don't go out as often.
- 4 Pain has restricted my social life to my home.
- 5 I have no social life because of pain.

### SITTING – LOW BACK

- 0 I can sit in any chair as long as I like.
- 1 I can only sit 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 Pain prevents me from sitting at all.

### TRAVELING

- 0 I can travel anywhere without extra pain.
- 1 I can travel anywhere, but it gives me extra pain
- 2 Pain is bad, but I manage journeys over 2 hours.
- 3 Pain restricts me to journeys of less than 1 hour.
- 4 Pain restricts me to short, necessary travel under ½ hour.
- 5 Pain prevents me from traveling except to my doctor.