

Name _____

Date _____

REVISED OSWESTRY PAIN QUESTIONNAIRE

Please read: This questionnaire is designed to enable us to understand how much your low back pain has affected your ability to manage your everyday activities. Please answer each Section by circling the ONE CHOICE that most applies to you. We realize that you may feel that more than one statement may relate to you, but **PLEASE JUST CIRCLE THE ONE WHICH MOST CLOSELY DESCRIBES YOUR PROBLEM RIGHT NOW.**

SECTION 1 - Pain Intensity

- A The pain comes and goes and is very mild
- B The pain is mild and does not vary much
- C The pain comes and goes and is moderate
- D The pain is moderate and does not vary much
- E The pain comes and goes and is severe

SECTION 2 – Personal Care

- A I would not have to change my way of washing or dressing in order to avoid pain
- B I do not normally change my way of washing or dressing even though it causes some pain
- C Washing and dressing increases the pain but I manage not to change my way of doing it
- D Washing and dressing increase the pain and I find it necessary to change my way of doing it
- E Because of the pain, I am unable to do some washing and dressing without help
- F Because of the pain, I am unable to do any washing or dressing without help

SECTION 3 – Lifting

- A I can lift heavy weights without extra pain
- B I can lift heavy weights but it causes extra pain
- C Pain prevents me from lifting heavy weights off the floor
- D Pain prevents me from lifting heavy weights off the floor but I can manage if they are conveniently positioned
- E Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned
- F I can only lift very light weights, at the most

SECTION 4 – Walking

- A Pain does not prevent me from walking any distance
- B Pain prevents me from walking more than one mile
- C Pain prevents me from walking more than ½ mile
- D Pain prevents me from walking more than ¼ mile
- E I can only walk while using a cane or crutches
- F I am in bed most of the time and have to crawl to the toilet

SECTION 5 – Sitting

- A I can sit in any chair as long as I like without pain
- B I can sit in my favorite chair as long as I like
- C Pain prevents me from sitting more than one hour
- D Pain prevents me from sitting more than ½ hour
- E Pain prevents me from sitting more than 10 minutes
- F Pain prevents me from sitting at all

SECTION 6 – Standing

- A I can stand as long as I want without pain
- B I have some pain while standing, but it does not increase
- C I cannot stand for longer than one hour without increased pain
- D I cannot stand for longer than ½ hour without increased pain
- E I cannot stand for longer than 10 mins. without increased pain
- F I avoid standing, because it increases the pain straight away

SECTION 7 – Sleeping

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

SECTION 8 – Social Life

- A My social life is normal and gives me no pain
- B My social life is normal but increases the degree of my pain
- C Pain has no significant effect on my social life apart from limiting my more energetic interest; ie: dancing, etc.
- D Pain has restricted my social life and I do not go out often
- E Pain has restricted my social life to my home
- F I have hardly any social life because of the pain

SECTION 9 – Traveling

- A I get no pain while traveling
- B I get some pain while traveling but none of my usual forms of travel make it any worse
- C I get extra pain while traveling but it does not compel me to seek alternative forms of travel
- D I get extra pain while traveling which compels me to seek alternative forms of travel
- E Pain restricts all forms of travel
- F Pain prevents all forms of travel except that done lying down

SECTION 10 – Changing Degree of Pain

- A My pain is rapidly getting better
- B My pain fluctuates but overall is definitely getting better
- C My pain seems to be getting better but improvement is slow
- D My pain is neither getting better nor worse
- E My pain is gradually worsening
- F My pain is rapidly worsening

COMMENTS: _____
