

OSWESTRY Questionnaire

Name: _____ DATE: _____

SECTION 1 - PAIN INTENSITY

- (0 pts) I can tolerate the pain that I have without the use of medication.
- (1 pts) The pain is bad but I manage without taking pain medication.
- (2 pts) Pain medication gives me complete relief from pain.
- (3 pts) Pain medication gives me moderate relief from pain.
- (4 pts) Pain medication gives me very little relief from pain.
- (5 pts) Pain medication has no effect on the pain and I do not use it.

SECTION 2 - PERSONAL CARE (Washing, Dressing, etc.)

- (0 pts) I can take care of myself normally without an increase in pain.
- (1 pts) I can look after myself normally but it causes an increase in pain.
- (2 pts) It is painful to care for myself, requiring me to be slow and careful.
- (3 pts) I need some help but manage most of my personal care.
- (4 pts) I need help every day in most aspects of self care.
- (5pts) I do not get dressed. I wash with difficulty and stay in bed.

SECTION 3 - LIFTING

- (0 pts) I can lift heavy weights without increasing my pain.
- (1 pts) I can lift heavy weights but it does increase my pain.
- (2 pts) Pain prevents me from lifting heavy weights off the floor, but I can manage if conveniently positioned, e.g., on a table.
- (3 pts) Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if conveniently positioned.
- (4 pts) I can lift only very light weights.
- (5 pts) I cannot lift or carry anything at all.

SECTION 4 - WALKING

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

SECTION 5 - SITTING

- (0 pts) I can sit on any chair as long as I want.
- (1 pts) I can only sit in my favorite chair as long as I like.
- (2 pts) Pain prevents me from sitting more than one hour.
- (3 pts) Pain prevents me from sitting more than 1/2 hour.
- (4 pts) Pain prevents me from sitting more than 10 minutes.
- (5 pts) Pain prevents me from sitting at all.

SECTION 6 - STANDING

- (0 pts) I can stand as long as I like without increasing my pain
- (1 pts) I can stand as long as I like but it increases my pain.
- (2 pts) Pain prevents me from standing for more than one hour.
- (3 pts) Pain prevents me from standing for more than 30 minutes
- (4 pts) Pain prevents me from standing for more than 10 minutes
- (5 pts) Pain prevents me from standing at all.

SECTION 7 - SLEEPING

- (0 pts) Pain does not prevent me from sleeping well.
- (1 pts) I can sleep well only using medication.
- (2 pts) Even when I take medication, I get less than 6 hours of sleep.
- (3 pts) Even when I take medication, I have less than 4 hours of sleep.
- (4 pts) Even when I take medication, I have less than 2 hours of sleep.
- (5 pts) Pain prevents me from sleeping at all

SECTION 8 – SEX LIFE

- (0 pts) My sex life is normal and causes no increase in my pain.
- (1 pts) My sex life is normal but causes some increase in my pain.
- (2 pts) My sex life is nearly normal but is very painful.
- (3 pts) My sex life is severely restricted by my pain.
- (4 pts) My sex life is nearly absent because of my pain.
- (5 pts) Pain prevents any sex life at all.

SECTION 9 – SOCIAL LIFE

- (0 pts) My social life is normal and does not increase my pain.
- (1 pts) My social life is normal but increases my pain.
- (2 pts) My pain has no effect on my social life apart from limiting my more energetic interests, such as dancing.
- (3 pts) Pain has restricted my social life and I do not go out as often.
- (4 pts) Pain has restricted my social life to my home.
- (5 pts) I have no social life because of my pain.

SECTION 10 - TRAVELING

- (0 pts) I can travel anywhere without increasing my pain.
- (1 pts) I can travel anywhere but it increases my pain.
- (2 pts) My pain is bad but I manage trips over two hours.
- (3 pts) My pain restricts me to journeys of less than one hour.
- (4 pts) My pain restricts me to short, necessary trips under 30 minutes.
- (5 pts) My pain prevents me from traveling except to my medical appointments or to the hospital

Total: _____ X's 2 = _____