



OFFICE USE ONLY

initial reassessment _____ discharge

Oswestry—Modified Low Back Form

This questionnaire has been designed to give your therapist information about how your back pain has affected your ability to manage in everyday life. Please answer every section, and mark in each section only the one box which applies to you. We realize you may consider that two of the statements in any one section relate to you, but please just mark the box which most closely describes your problem.

Section 1 — Pain Intensity

- I can tolerate the pain I have without having to use painkillers
- The pain is bad but I manage without taking pain killers.
- Pain killers give complete relief from pain.
- Pain killers give moderate relief from pain.
- Pain killers give very little relief from pain.
- Pain killers have no effect on pain and I do not use them.

Section 2 — Personal Care (washing, dressing, etc.)

- I can look after myself normally without causing extra pain.
- I can look after myself normally but it causes extra pain.
- It is painful to look after myself and I am slow and careful.
- I need some help to manage most of my personal care.
- I need help every day in most aspect of self care.
- I do not get dressed, wash with difficulty, and stand in bed.

Section 3 — Lifting

- I can lift heavy weight without extra pain.
- I can lift heavy weight but it gives extra pain.
- Pain prevents me from lifting heavy weight off the floor, but I can manage if they are conveniently positioned, e.g. on a table.
- Pain prevents me from lifting heavy weight, but I can manage light to medium weights if they are conveniently positioned, e.g. on a table.
- I can only lift very light weights.
- I cannot lift or carry anything at all.

Section 4 — Walking

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

Section 5 — Sitting

- I can sit in any chair as long as I like.
- I can only sit in my favorite chair as long as I like.
- Pain prevents me sitting more than 1 hour.
- Pain prevents me sitting more than 1/2 hour.
- Pain prevents me sitting more than 10 minutes.
- Pain prevents me sitting at all.

Section 6 — Standing

- I can stand as long as I want without extra pain.
- I can stand as long as I like but it gives me extra pain.
- Pain prevents me from standing more than 1 hour.
- Pain prevents me from standing more than 30 minutes.
- Pain prevents me from standing more than 10 minutes.
- Pain prevents me from standing at all.

Section 7 — Sleeping

- Pain does not prevent me from sleeping well.
- I can sleep well only by using medication.
- Even when I take pills, I have less than six hours sleep.
- Even when I take pills, I have less than four hours sleep.
- Even when I take pills, I have less than two hours sleep.
- Pain prevents me from sleeping at all.

Section 8 — Employment/Homemaking

- My normal homemaking/job activities do not cause pain.
- My normal homemaking/job activities increase my pain but I still can do all that is required of me.
- I can perform most of my homemaking/job duties, but pain prevent me from performing more physically stressful activities (e.g. lifting, vacuuming).
- Pain prevent me from doing anything but light duties.
- Pain prevents me from doing even light duties.
- Pain prevents me from doing any job or homemaking chores.

Section 9 — Social Life

- My social life is normal and give me no extra pain.
- My social life is normal but increases the degree of 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 as often.
- Pain has restricted my social life to my home.
- I have no social life because of pain.

Section 10 — Traveling

- I can travel anywhere without extra pain.
- I can travel anywhere but it gives me extra pain.
- Pain is bad but I manage journeys over two hours.
- Pain restricts me to journeys of less than one hour.
- Pain restricts me to short necessary journeys under 30mins.
- Pain prevents me from traveling except to the doctor or hospital.

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score: _____ %