

# MODIFIED OSWESTRY BACK QUESTIONNAIRE

CHOOSE 1 ANSWER FROM EACH SECTION

## Section 1: PAIN INTENSITY

- I can tolerate the pain I have without having to use pain killers
- The pain is bad, but I manage without taking pain killers
- Pain killers give complete relief from the pain
- Pain killers give moderate relief from the pain
- Pain killers give very little relief from the pain
- Pain medications have no effect on the 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 me extra pain
- It is painful to look after myself, and I am slow and careful
- I need some help, but manage most of my personal care
- I need some help every day in most aspects of self care
- I do not get dressed, I wash with difficulty, and I stay in bed

## Section 3: 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, but I can manage if they are conveniently positioned (for example, on a table)
- Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are positioned conveniently
- I can only lift very light weights
- I cannot lift or carry anything at all

## Section 4: WALKING

- Pain does not prevent me from walking any distance
- Pain prevents me from walking more than 1 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 using a stick 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 from sitting for more than 1 hour
- Pain prevents me from sitting for more than 1/2 hour
- Pain prevents me from sitting for more than 10 minutes
- Pain prevents me from sitting at all

**Section 6: STANDING**

- I can stand as long as I want without extra pain
- I can stand as long as I want but it gives me extra pain
- Pain prevents me from standing more than 1 hour
- Pain prevents me from standing more than 1/2 hour
- 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 pain killers
- Even when I take pain killers, I have less than 6 hours sleep
- Even when I take pain killers, I have less than 4 hours sleep
- Even when I take pain killers, I have less than 2 hours sleep
- Pain prevents me from sleeping at all

**Section 8: SOCIAL LIFE**

- My social life is normal and gives me no extra pain
- My social life is normal but it increases the degree of pain
- Pain has no significant effect on my social life apart from limiting my more energetic interests (such as dancing)
- Pain has restricted my social life and I do not go out very often
- Pain has restricted my social life to my home
- Pain prevents any social life at all

**Section 9: 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 30 minutes
- Pain prevents me from traveling except to the doctor or hospital

**Section 10: EMPLOYMENT / HOMEMAKING**

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