

## Modified Oswestry Disability Index

**Instructions:** This questionnaire has been designed to give us information as to how your back or leg pain is affecting your ability to manage in everyday life. Please answer by checking ONE box in each section for the statement which best applies to you.

<p><b>Section 1 – Pain Intensity</b></p> <ol style="list-style-type: none"> <li>0. I have no pain now.</li> <li>1. The pain is very mild now.</li> <li>2. The pain is moderate now.</li> <li>3. The pain is fairly severe at the moment.</li> <li>4. The pain is very severe now.</li> <li>5. The pain is the worst imaginable now.</li> </ol> <p><b>Section 2 – Personal Care (washing, dressing, etc.)</b></p> <ol style="list-style-type: none"> <li>0. I can look after myself normally, but it is very painful.</li> <li>1. It is painful to look after myself and I am slow and careful.</li> <li>2. I need some help but manage most of my personal care.</li> <li>3. I need help every day in most aspects of my personal care.</li> <li>4. I need help every day in most aspects of self-care.</li> <li>5. I do not get dressed, wash with difficulty, and stay in bed.</li> </ol> <p><b>Section 3 - Lifting</b></p> <ol style="list-style-type: none"> <li>0. I can lift heavy weights without extra pain.</li> <li>1. I can lift heavy weights, but it gives extra pain.</li> <li>2. Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (i.e. on a table).</li> <li>3. Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.</li> <li>4. I can lift only very light weights.</li> <li>5. I cannot lift or carry anything at all.</li> </ol> <p><b>Section 4 – Walking</b></p> <ol style="list-style-type: none"> <li>0. Pain does not prevent me walking any distance.</li> <li>1. Pain prevents me walking more than 1 mile.</li> <li>2. Pain prevents me walking more than ¼ of a mile.</li> <li>3. Pain prevents me walking more than 100 yards.</li> <li>4. I can only walk using a stick or crutches.</li> <li>5. I am in bed most of the time and have to crawl to the toilet.</li> </ol> <p><b>Section 5 – Sitting</b></p> <ol style="list-style-type: none"> <li>0. I can sit in any chair as long as I like.</li> <li>1. I can sit in my favorite chair as long as I like.</li> <li>2. Pain prevents me from sitting for more than 1 hour.</li> <li>3. Pain prevents me from sitting for more than ½ hour.</li> <li>4. Pain prevents me from sitting for more than 10 minutes.</li> <li>5. Pain prevents me from sitting at all.</li> </ol>	<p><b>Section 6 – Standing</b></p> <ol style="list-style-type: none"> <li>0. I can stand as long as I want without extra pain.</li> <li>1. I can stand as long as I want but it gives me extra pain.</li> <li>2. Pain prevents me from standing more than 1 hour.</li> <li>3. Pain prevents me from standing for more than ½ an hour.</li> <li>4. Pain prevents me from standing for more than 10 minutes.</li> <li>5. Pain prevents me from standing at all.</li> </ol> <p><b>Section 7 – Sleeping</b></p> <ol style="list-style-type: none"> <li>0. My sleep is never disturbed by pain.</li> <li>1. My sleep is occasionally disturbed by pain.</li> <li>2. Because of pain, I have less than 6 hours sleep.</li> <li>3. Because of pain, I have less than 4 hours sleep.</li> <li>4. Because of pain, I have less than 2 hours sleep.</li> <li>5. Pain prevents me from sleeping at all.</li> </ol> <p><b>Section 8 – Social Life</b></p> <ol style="list-style-type: none"> <li>0. My social life is normal and cause me no extra pain.</li> <li>1. My social life is normal but increases the degree of pain.</li> <li>2. Pain has no significant effect on my social life apart from limiting my more energetic interests, i.e. sports.</li> <li>3. Pain has restricted my social life and I do not go out as often.</li> <li>4. Pain has restricted social life to my home.</li> <li>5. I have no social life because of pain.</li> </ol> <p><b>Section 9 – Traveling</b></p> <ol style="list-style-type: none"> <li>0. I can travel anywhere without pain.</li> <li>1. I can travel anywhere but it gives extra pain.</li> <li>2. Pain is bad but I manage journeys of over two hours.</li> <li>3. Pain restricts me to short necessary journeys under 30 minutes.</li> <li>4. Pain prevents me from traveling except to receive treatment.</li> </ol> <p><b>Section 10-- Employment/Homemaking</b></p> <ol style="list-style-type: none"> <li>0. My normal job/homemaking activities do not cause pain.</li> <li>1. My normal job/homemaking activities increase my pain, but I can still perform all that is required of me.</li> <li>2. I can perform most of my job/homemaking duties, but pain prevents me from performing more physically stressful activities (ex. lifting, vacuuming)</li> <li>3. Pain prevents me from doing anything but light duties.</li> <li>4. Pain prevents me from doing even light duties.</li> <li>5. Pain prevents me from performing any job or homemaking chores.</li> </ol>
<b>(Total Score x 2) = % Disability</b>	<b>Score:</b>
<b>Name:</b>	
<b>Date:</b>	

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### SCORING TECHNIQUE MOD. OSWESTRY LOW BACK DISABILITY QUESTIONNAIRE

1. Each of the 10 sections is scored separately (0 to 5 points each) and then added up (max. total = 50).
2. If all 10 sections are completed, simply double the patient's score.
3. If a section is omitted, divide the patient's total score by the number of sections completed times 5.

**Formula:** 
$$\frac{\text{Patient's Score}}{\text{No. of sections completed} \times 5} \times 100 = \text{\% DISABILITY}$$

**Example:**

If 9 of 10 sections are completed, divide the patient's score by 9 x 5 = 45.

$$\begin{aligned} &\text{Patient's Score} && 22 \\ &\text{Number of sections completed: } 9 (9 \times 5 = 45) \\ &&& 22/45 \times 100 = 48\% \text{ disability} \end{aligned}$$

4. Interpretation of disability scores (from original article):

SCORE INTERPRETATION OF THE OSWESTRY LBP DISABILITY QUESTIONNAIRE	
0-20% Minimal disability	Can cope with most ADLs. Usually no treatment is needed, apart from advice on lifting, sitting, posture, physical fitness, and diet. In this group, some patients have particular difficulty with sitting and this may be important if their occupation is sedentary (typist, driver, etc.)
20-40% Moderate disability	This group experiences more pain and problems with sitting, lifting, and standing. Travel and social life are more difficult and they may well be off work. Personal care, sexual activity, and sleeping are not grossly affected, and the back condition can usually be managed by conservative means.
40-60% Severe disability	Pain remains the main problem in this group of patients, but travel, personal care, social life, sexual activity, and sleep are also affected. These patients require detailed investigation.
60-80% Crippled	Back pain impinges on all aspects of these patients' lives both at home and at work. Positive intervention is required.
80-100%	These patients are either bed-bound or exaggerating their symptoms. This can be evaluated by careful observation of the patient during the medical examination.
<i>Data compiled from Fairbanks et al, 1980.</i>	

MDC Low Back Pain 13.7% Monticone et al 2012

MCID 12.9% (85% specificity and 88% sensitivity) Johnsen et al 2013

<https://www.sralab.org/rehabilitation-measures/oswestry-disability-index>