

**REVISED OSWESTRY DISABILITY INDEX QUESTIONNAIRE**

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_ MI: \_\_\_\_ Date: \_\_\_\_\_

Please select one answer for each question:

<b>Section 1-Pain Intensity</b>	<b>Section 6-Standing(Remember, standing is NOT walking.):</b>
<input type="radio"/> The pain comes and goes and is very mild.	<input type="radio"/> I can stand as long as I want without pain.
<input type="radio"/> The pain is mild and does not very much.	<input type="radio"/> I have some pain while standing, but it does not increase with time.
<input type="radio"/> The pain comes and goes and is moderate.	<input type="radio"/> I cannot stand for longer than 1 hour without increasing pain.
<input type="radio"/> The pain is moderate and does not very much.	<input type="radio"/> I cannot stand for longer than ½ hour without increasing pain.
<input type="radio"/> The pain comes and goes and is severe.	<input type="radio"/> I cannot stand for longer than 10 minutes without increasing pain.
<input type="radio"/> The pain is severe and does not very much.	<input type="radio"/> I avoid standing, because it increases the pain straight away.
<b>Section 2--Personal Care(Washing, Dressing, etc.)</b>	<b>Section 7--Sleeping</b>
<input type="radio"/> I would not have to change my way of washing or dressing in order to avoid pain.	<input type="radio"/> I get no pain in bed.
<input type="radio"/> I do not normally change my way of washing or dressing even though it causes some pain.	<input type="radio"/> I get pain in bed, but it does not prevent me from sleeping well.
<input type="radio"/> Washing and dressing increases the pain, but I manage not to change my way of doing it.	<input type="radio"/> Because of pain, my normal night's sleep is reduced by less than one quarter.
<input type="radio"/> Washing and dressing increases the pain and I find it necessary to change my way of doing it.	<input type="radio"/> Because of pain, my normal night's sleep is reduced by less than one half.
<input type="radio"/> Because of the pain, I am unable to do some washing and dressing without help.	<input type="radio"/> Because of pain, my normal night's sleep is reduced by less than one three-quarter.
<input type="radio"/> Because of the pain, I am unable to do any washing or dressing without help.	<input type="radio"/> Pain prevents me from sleeping at all.
<b>Section 3-Lifting</b>	<b>Section 8-Social Life</b>
<input type="radio"/> I can lift heavy weights without extra pain.	<input type="radio"/> My social life is normal and gives me no pain.
<input type="radio"/> I can lift heavy weights but it gives extra pain.	<input type="radio"/> My social life is normal but increases the degree of pain.
<input type="radio"/> Pain prevents me from lifting heavy weights off the floor.	<input type="radio"/> Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g. dancing, etc.
<input type="radio"/> Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example on a table.	<input type="radio"/> Pain has restricted my social life and I do not go out as often.
<input type="radio"/> Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.	<input type="radio"/> Pain has restricted my social life to my home.
<input type="radio"/> I can only lift very light weights, at the most.	<input type="radio"/> I have hardly any social life because of pain.
<b>Section 4-Walking</b>	<b>Section 9-Traveling</b>
<input type="radio"/> Pain does not prevent me from walking any distance.	<input type="radio"/> I get no pain while traveling.
<input type="radio"/> Pain prevents me from walking more than one mile.	<input type="radio"/> I get some pain while traveling, but none of my usual forms of travel make it any worse.
<input type="radio"/> Pain prevents me from walking more than ½ mile.	<input type="radio"/> I get extra pain while traveling, but it does not compel me to seek alternative forms of travel.
<input type="radio"/> Pain prevents me from walking more than ¼ mile.	<input type="radio"/> I get extra pain while traveling which compels me to seek Alternative forms of travel.
<input type="radio"/> I can only walk using a cane or crutches.	<input type="radio"/> Pain restricts me for all forms of travel.
<input type="radio"/> I am in bed most of the time and have to crawl to the toilet.	<input type="radio"/> Pain prevents all forms of travel except if lying down.
<b>Section 5-Sitting(“Favorite chair” includes a recliner):</b>	<b>Section 10-Changing Degree of Pain</b>
<input type="radio"/> I can sit in any chair as long as I like without pain.	<input type="radio"/> My pain is rapidly getting better.
<input type="radio"/> I can only sit in my favorite chair as long as I like.	<input type="radio"/> My pain fluctuates but overall is definitely getting better.
<input type="radio"/> Pain prevents me from sitting more than one hour.	<input type="radio"/> My pain seems to be getting better but improvement is slow at the present.
<input type="radio"/> Pain prevents me from sitting more than ½ hour.	<input type="radio"/> My pain is neither getting better nor worse.
<input type="radio"/> Pain prevents me from sitting more than 10 minutes.	<input type="radio"/> My pain is gradually worsening.
<input type="radio"/> Pain prevents me from sitting.	<input type="radio"/> My pain is rapidly worsening.