OSWESTRY LOW BACK PAIN SCALE

Select the best description of your back pain with an “X” in the [ ]:

Section 1 – Pain Intensity
[ ] The pain comes and goes and is very mild. (0 pts)
[ ] The pain is mild and does not vary much. (1 pts)
[ ] The pain comes and goes and is moderate. (2 pts)
[ ] The pain is moderate and does not vary much. (3 pts)
[ ] The pain comes and goes and is severe. (4 pts)
[ ] The pain is severe and does not vary much. (5 pts)

Section 2 – Personal Care (Washing, Dressing, etc.):
[ ] I would not have to change my way of washing or dressing in order to avoid pain. (0 pts)
[ ] I do not normally change my way of washing or dressing even though it causes some pain. (1 pt)
[ ] Washing & dressing increase pain but I do not have to change how I do it. (2 pts)
[ ] Washing & dressing increase pain & I have to change my way of doing it. (3 pts)
[ ] Because of pain I am unable to do some washing & dressing without help. (4 pts)
[ ] Because of pain I am unable to do any washing & dressing without help. (5 pts)

Section 3 – Lifting
[ ] I can lift heavy weights without extra pain. (0 pts)
[ ] I can lift heavy weights but with extra pain. (1 pt)
[ ] Pain prevents me from lifting heavy weights off the floor. (2 pts)
[ ] Pain prevents me lifting heavy weights unless they are on a table. (3 pts)
[ ] Pain prevents me lifting heavy weight but I can manage light/medium ones. (4 pts)
[ ] I can only lift very light weights at most. (5 pts)

Section 4 – Walking
[ ] I have no pain with walking (0 pts)
[ ] I have some pain walking but it does not increase with distance. (1 pt)
[ ] I cannot walk more than 1 mile without increasing pain. (2 pts)

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Section 5 – Sitting
- I can sit in any chair as long as I like. (0 pts)
- I can only sit in my favorite chair as long as I like (1 pt)
- Pain prevents me from sitting more than 1 hour. (2 pts)
- Pain prevents me from sitting more than ½ hour. (3 pts)
- Pain prevents me from sitting more than 10 minutes. (4 pts)
- I avoid sitting because it increases pain immediately. (5 pts)

Section 6 – Standing
- I can stand as long as I want without pain. (0 pts)
- I have some pain standing but it does not increase with time. (1 pt)
- I cannot stand for longer than 1 hour without increasing pain. (2 pts)
- I cannot stand for longer than ½ hour without increasing pain. (3 pts)
- I cannot stand for longer than 10 minutes without increasing pain. (4 pts)
- I avoid standing because it increases pain immediately. (5 pts)

Section 7 – Sleeping
- I get no pain in bed. (0 pts)
- I get pain in bed but it does not prevent me from sleeping well. (1 pt)
- Because of pain my normal night’s sleep is reduced by less than ¼. (2 pts)
- Because of pain my normal night’s sleep is reduced by less than ½. (3 pts)
- Because of pain my normal night’s sleep is reduced by less than ¾. (4 pts)
- Pain prevents me from sleeping at all. (5 pts)

Section 8 – Sex life [if applicable][Cross out if not applicable]
- My sex life is normal and causes no extra pain
- My sex life is normal but causes some extra pain
- My sex life nearly normal but is very painful
- My sex life is severely restricted by pain
- My sex life is nearly absent because of pain
- Pain prevents any sex life at all

Section 9 – Social Life
- My social life is normal and gives me no pain. (0 pts)
- My social life is normal but it increases pain. (1 pt)
- Pain has not effect on my social life aside from energetic interests, e.g. dancing, etc. (2 pts)
- Pain has restricted my social life and I do not go out often. (3 pts)
- Pain has restricted my social life to my home. (4 pts)
- I have hardly any social life due to pain. (5 pts)

Section 10 – Traveling
- I get no pain when traveling. (0 pts)
- I get some pain but my usual traveling doesn’t make it worse. (1 pt)
- I get extra pain but it does not cause me to seek alternate forms of travel. (2 pts)
- I get extra pain which forces me to find alternative forms of travel. (3 pts)
- Pain restricts me to necessary journeys under ½ hour. (4 pts)
[ ] Pain restricts me to all forms of travel. (5 pts)

Section 11 – Degree

[ ] My pain is rapidly getting better. (0 pts)
[ ] My pain fluctuates but is definitely getting better. (1 pt)
[ ] My pain seems to be getting better but improvement is slow. (2 pts)
[ ] My pain is neither getting better or worse. (3 pts)
[ ] My pain is gradually worsening. (4 pts)
[ ] My pain is rapidly worsening. (5 pts)

Total Oswestry Score:____________________