

Oswestry Disability Index

Name:

Date:

Instructions: This questionnaire is designed to measure the impact of your low back pain on your daily activities. It consists of 10 sections, each with 6 questions. You will rate the frequency of each activity on a scale of 0 to 5. The total score is calculated by averaging the scores from all sections and multiplying by 10. A score of 0 indicates no disability, and a score of 100 indicates severe disability.

Section 1 – Pain intensity

- Hard to do your usual activities
- Very difficult to do your usual activities
- Difficult to do your usual activities
- Fairly difficult to do your usual activities
- Somewhat difficult to do your usual activities
- Very easy to do your usual activities

Section 2 – Personal care (washing, dressing etc)

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Section 3 – Lifting

- Hard to lift or carry things
- Very difficult to lift or carry things
- Difficult to lift or carry things
- Fairly difficult to lift or carry things
- Somewhat difficult to lift or carry things
- Very easy to lift or carry things

Section 4 – Walking

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Section 5 – Sitting

- Hard to sit
- Very difficult to sit
- Difficult to sit
- Fairly difficult to sit
- Somewhat difficult to sit
- Very easy to sit

Section 6 – Standing

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Section 7 – Sleeping

- My sleep is not disturbed
- My sleep is disturbed
- Very difficult to get to sleep
- Difficult to get to sleep
- Fairly difficult to get to sleep
- Somewhat difficult to get to sleep

Section 8 – Sex life (if applicable)

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Section 9 – Social life

- My social life is not affected
- My social life is affected
- Very difficult to do social activities
- Difficult to do social activities
- Fairly difficult to do social activities
- Somewhat difficult to do social activities

Section 10 – Traveling

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***This page is for your doctor/attending physician.**

Instructions

Please calculate the scores after your patient submits this index to you. Remember that the answers are arranged by severity. The scores are 0-5 per section.

If they pick the first statement among the six, that means they're fine and the score is 0.

If they pick the final statement, that means the pain is bad and is hindering them from doing the activity completely, so the score is 5.

Equation

The total score ÷ the total possible score (always 50) x 100. Here's an example:

- The total score they got is 16.
- The total possible score is always 50.
- Then the equation is $16 \div 50 \times 100 = 32$.
- The final answer is always a percentage, so it's 32% in this case

In the event that they willfully did not answer a section, you'll have to subtract 5 from the total possible score for each section they didn't answer, so the equation will change and it should look like this:

- $16 \div 45$ (total possible score) $\times 100 = 35.5\%$

You may calculate here:

Total score: ÷ Total Possible Score: x 100 = %

Score Ranges and Designations

0% to 20%: Minimal Disability

The patient can cope with most living activities. Usually, no treatment is indicated apart from advice on lifting, sitting, and exercise.

21%-40%: Moderate Disability

The patient experiences more pain and difficulty with sitting, lifting, and standing. Travel and social life are more difficult and they may be disabled from work. Personal care, sexual activity, and sleeping are not grossly affected and the patient can usually be managed by conservative means.

41%-60%: Severe Disability

Pain remains the main problem in this group but activities of daily living are affected. These patients require a detailed investigation.

61%-80%: Crippled

Back pain impinges on all aspects of the patient's life. Positive intervention is required.

81%-100%

These patients are either bed-bound or exaggerating their symptoms.