LUMBAR OSWESTRY INDEX

Please Read: This questionnaire is designed to enable us to understand how much your back pain has affected your everyday activities. In the event that two or more of the statements in a category may relate to you, please mark the one answer that most accurately describes your problem. Please answer based upon your average pain over the past two weeks **without pain medication**.

SECTION 1-Pain intensity
- ☐ 0 I have no pain at this moment
- ☐ 1 The pain is very mild at the moment.
- ☐ 2 The pain is moderate at the moment.
- ☐ 3 The pain is fairly severe at the moment.
- ☐ 4 The pain is very severe at the moment.
- ☐ 5 The pain is the worst imaginable at the moment.

SECTION 2-Personal Care (washing, dressing, etc)
- ☐ 0 I can look after myself normally without causing extra pain.
- ☐ 1 I can look after myself normally, but it causes extra pain.
- ☐ 2 It is painful to look after myself and I am slow and careful.
- ☐ 3 I need some help, but manage most of my personal care.
- ☐ 4 I need help every day in most aspects of self-care.
- ☐ 5 I do not get dressed, wash with difficulty, and stay in bed.

SECTION 3- Lifting
- ☐ 0 I can lift heavy weights without extra pain.
- ☐ 1 I can lift heavy weights, but it causes extra pain.
- ☐ 2 Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned.
- ☐ 3 Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.
- ☐ 4 I can lift only very light weights.
- ☐ 5 I cannot lift or carry anything at all.

SECTION 4- Walking
- ☐ 0 Pain does not prevent me walking any distance.
- ☐ 1 Pain prevents me from walking for more than 1 mile.
- ☐ 2 Pain prevents me from walking for more than ¼ mile.
- ☐ 3 Pain prevents me from walking more than 100 yards.
- ☐ 4 I can only walk using a stick or crutches.
- ☐ 5 I am in bed most of the time and have to crawl to the toilet.

SECTION 5- Sitting
- ☐ 0 I can sit in any chair as long as I like.
- ☐ 1 I can sit in my favorite chair as long as I like.
- ☐ 2 Pain prevents me from sitting for more than 1 hour.
- ☐ 3 Pain prevents me from sitting for more than ½ hour.
- ☐ 4 Pain prevents me from sitting for more than 10 minutes.
- ☐ 5 Pain prevents me from sitting at all.

SECTION 6 – Standing
- ☐ 0 I can stand as long as I want without extra pain.
- ☐ 1 I can stand as long as I want, but it gives me extra pain.
- ☐ 2 Pain prevents me from standing more than 1 hour.
- ☐ 3 Pain prevents me from standing for more than ½ hour.
- ☐ 4 Pain prevents me from standing for more than 10 minutes.
- ☐ 5 Pain prevents me from standing at all.

SECTION 7- Sleeping
- ☐ 0 My sleep is never disturbed by pain.
- ☐ 1 My sleep is occasionally disturbed by pain.
- ☐ 2 Because of pain I have less than 6 hours sleep.
- ☐ 3 Because of pain I have less than 4 hours sleep.
- ☐ 4 Because of pain I have less than 2 hours sleep.
- ☐ 5 Pain prevents me from sleeping at all.

SECTION 8 – Sex Life
- ☐ 0 My sex life is normal and causes no extra pain.
- ☐ 1 My sex life is normal, but causes some pain.
- ☐ 2 My sex life is nearly normal, but is very painful.
- ☐ 3 My sex life is severely restricted by pain.
- ☐ 4 My sex life is nearly absent because of back pain.
- ☐ 5 I have no sex life because of pain.

SECTION 9 – Social Life
- ☐ 0 My social life is normal and gives me no extra pain.
- ☐ 1 My social life is normal, but increases the degree of pain.
- ☐ 2 Pain has no effect on my social life apart from limiting my more energetic interests.
- ☐ 3 Pain has restricted my social life and I do not go out as often.
- ☐ 4 Pain has restricted my social life to my home.
- ☐ 5 I have no social life because of pain.

SECTION 10- Traveling
- ☐ 0 I can travel anywhere without extra pain.
- ☐ 1 I can travel anywhere, but it gives extra pain.
- ☐ 2 Pain is bad, but I manage journeys over two hours.
- ☐ 3 Pain restricts me to journeys of less than one hour.
- ☐ 4 Pain restricts me to short necessary journeys less than 30 minutes.
- ☐ 5 Pain prevents me from traveling except to receive treatment.

DOB: _____ **Date**: _____

Score: _____ **%**

Print Name: _____

By entering my name above, I affirm all of this information is correct.

RATE YOUR PAIN ON A SCALE OF 1-10 AND PLACE A NUMBER IN EACH OF THE BLANK SPACES:

OVERALL PAIN ____ LEG (LEFT) ____ BUTTOCK (LEFT) ____

LOW BACK ____ LEG (RIGHT) ____ BUTTOCK (RIGHT) ____

IF YOU ARE POST-OP: (Please Check Boxes)

1. Overall were you satisfied with your surgery? **YES** ☐ **NO** ☐ 2. Returned to work after surgery? **YES** ☐ **NO** ☐
3. If given the chance would you repeat the same surgery for the same outcome? **YES** ☐ **NO** ☐ 4. Retired? **YES** ☐ **NO** ☐

Pre-Op ☐ 6 Wks ☐ 3 Mon ☐ 6 Mon ☐ 1 Year ☐ 2 Year ☐ 3 Year ☐ 4 Year ☐ 5 Year ☐