

# OSWESTRY LOW BACK PAIN SCALE

NAME: \_\_\_\_\_

DOB: \_\_\_\_\_

DATE: \_\_\_\_\_

**Instructions:** Please circle the option in each section which best describes your problem

## Section 1 – Pain intensity

- A. The pain comes and goes and is very mild
- B. The pain is mild and does not vary much.
- C. The pain comes and goes and is moderate
- D. The pain comes and goes and is severe
- E. The pain is severe and does not vary.

## Section 6 – Standing

- A. I can stand as long as I want without pain.
- B. I have some pain on standing but it does not increase with time.
- C. I cannot stand longer than 1 hour without increasing pain.
- D. I cannot stand for longer than ½ hour without increasing pain.
- E. I cannot stand for longer than 10mins without increasing pain.
- F. I avoid standing because it increases the pain immediately.

## Section 2 – Personal Care (Washing, Dressing etc)

- A. I would not have to change my way of washing or dressing in order to avoid pain.
- B. I do not normally change my way of washing or dressing even though it causes some pain.
- C. Washing and dressing increase the pain and I find it necessary to change my way of doing it.
- D. Because of the pain I am unable to do some washing and dressing without help.
- E. Because of the pain I am unable to do any washing and dressing without help.

## Section 7 – Sleeping

- A. I get no pain in bed.
- B. I get pain in bed but it does not prevent me from sleeping well.
- C. Because of pain my normal nights sleep is reduced by less than one-quarter
- D. Because of pain my normal nights sleep is reduced by less than one-quarter
- E. Because of pain my normal nights sleep is reduced by less than one-half
- F. Because of pain my normal nights sleep is reduced by less than three-quarters.
- G. Pain prevents me from sleeping at all.

## Section 3 – Lifting

- A. I can lift heavy weights without extra pain.
- B. I can lift heavy weights but it gives extra pain.
- C. Pain prevents me lifting heavy weights off the floor, but I can manage if they are conveniently positioned, e.g., on a table.
- D. Pain prevents me lifting heavy weights but I can manage light to medium weights if they are conveniently positioned.
- E. I can only lift very light weights at most.

## Section 8 – Social Life

- A. My social life is normal and gives me no pain.
- B. My social life is normal but it increases the degree of pain.
- C. Pain has no significant effect on my social life apart from limiting my more energetic interest, e.g., dancing, etc.
- D. Pain has restricted my social life and I do not go out very often.
- E. Pain has restricted my social life to my home.
- F. I have hardly any social life because of the pain.

## Section 4 – Walking

- A. I have no Pain walking.
- B. I have some pain on walking but it does not increase with distance.
- C. I cannot walk more than 1 mile without increasing pain.
- D. I cannot walk more than ½ mile without increasing pain.
- E. I cannot walk more than ¼ mile without increasing pain.
- F. I cannot walk at all without increasing pain.

## Section 9 – Traveling

- A. I get no pain when traveling.
- B. I get some pain when traveling but none of my usual forms of travel make it any worse.
- C. I get extra pain while traveling but it does not compel me to seek alternate forms of travel.
- D. I get extra pain while traveling which compels to seek alternative forms of travel.
- E. Pain restricts me to short necessary journeys under ½ hour.
- F. Pain restricts all forms of travel.

## Section 5 – Sitting

- A. I can sit in a chair as long as I like.
- B. I can only sit in my favorite chair as long as I like.
- C. Pain prevents me from sitting for more than 1 hour.
- D. Pain prevents me from sitting more than ½ hour.
- E. Pain prevents me from sitting more than 10 minutes.
- F. I avoid sitting because it increases pain immediately.

## Section 10 – Changing Degree of Pain

- A. My pain is rapidly getting better.
- B. My pain fluctuates but is definitely getting better
- C. My pain seems to be getting better but improvement is slow.
- D. My pain is neither getting better or worse.
- E. My pain is gradually worsening.
- F. My pain is rapidly worsening.

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TOTAL SCORED: \_\_\_\_\_ X 100 =   
TOTAL POSSIBLE: 50