

**Excellence in Health Chiropractic & Rehab. Clinic**  
**The Revised Oswestry Disability Index (low back pain/dysfunction)**

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

**SECTION 1 - PAIN INTENSITY**

- The pain comes and goes and is very mild.
- The pain is mild and does not vary much.
- The pain comes and goes and is moderate.
- The pain is moderate and does not vary much.
- The pain comes and goes and is very severe.
- The pain is severe and does not vary much

**SECTION 2 - PERSONAL CARE**

- I would not have to change my way of washing or dressing to avoid pain.
- I do not normally change my way of washing or dressing even though it causes some pain.
- Washing and dressing increases the pain, but I manage not to change my way of doing it.
- Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- Because of the pain, I am unable to do some washing and dressing without help.
- Because of the pain, I am unable to do any washing and dressing without help.

**SECTION 3 - LIFTING**

- I can lift heavy weights without extra pain.
- I can lift heavy weights, but it causes extra pain.
- Pain prevents me from lifting heavy weights off the floor, but I manage if they are conveniently positioned (e.g. on table)
- Pain prevents me from lifting heavy weights off the floor.
- Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.
- I can only lift very light weights at the most.

**SECTION 4 - WALKING**

- I have no pain on walking.
- I have some pain on walking, but does not increase with distance.
- I cannot walk more than one mile without increasing pain.
- I cannot walk more than 1/2 mile without increasing pain.
- I cannot walk more than 1/4 mile without increasing pain.
- I cannot walk at all without increasing pain.

**SECTION 5 - SITTING**

- I can sit in any chair as long as I like.
- I can only sit in my favorite chair as long as I like.
- Pain prevents me from sitting more than one hour.
- Pain prevents me from sitting more than 1/2 hour.
- Pain prevents me from sitting more than 10 minutes.
- I avoid sitting because it increases pain right away.

**Signature:** \_\_\_\_\_

**SECTION 6 - STANDING**

- I can stand as long as I want without pain.
- I have some pain on standing, but it does not increase with time.
- I cannot stand for longer than one hour without increasing pain.
- I cannot stand for longer than one 1/2 hour without increasing pain.
- I cannot stand for longer than 10 minutes without increasing pain.
- I avoid standing because it increase pain right away.

**SECTION 7 - SLEEPING**

- I get no pain in bed.
- I get pain in bed, but it does not prevent me from sleeping well.
- Because of my pain, my normal night's sleep is reduced by less than 1/4.
- Because of my pain, my normal night's sleep is reduced by less than 1/2.
- Because of my pain, my normal night's sleep is reduced by less than 3/4.
- Pain prevents me from sleeping at all.

**SECTION 8 - SOCIAL LIFE**

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

**SECTION 9 - TRAVELLING**

- I get no pain while traveling
- I get some pain while traveling, but none of my usual forms of travel makes it any worse.
- I get extra pain while traveling, but it does not compel me to seek alternative forms of travel.
- I get extra pain while traveling, which compels me to seek alternative forms of travel.
- Pain restricts all forms of travel.
- Pain presents all forms of travel except that done lying down.

**SECTION 10 - CHANGING DEGREE OF PAIN**

- My pain is rapidly getting better.
- My pain fluctuates, but is definitively getting better.
- My pain seems to be getting better, but improvement is slow at present.
- My pain is neither getting better or worse.
- My pain is gradually worsening.
- My pain is rapidly worsening.