

## Modified Oswestry Low Back Pain Questionnaire

Name \_\_\_\_\_ Date \_\_\_\_\_ SCORE \_\_\_\_\_

### 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 is moderate and does not vary much.
- e) The pain comes and goes and is severe.
- f) The pain is severe and does not vary much.

### Section 2 - Personal Care

- a) I do not have to change my way of washing or dressing to avoid pain.
- b) I do not normally change my way of washing or dressing even though it causes me pain.
- c) Washing and dressing increase the pain, but I manage not to change my way of doing it.
- d) Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- e) Because of the pain I am unable to do some washing and dressing without help.
- f) Because of the pain I am unable to do any washing and dressing without help.

### Section 3 - Lifting

- a) I can lift heavy weights without extra low back pain.
- b) I can lift heavy weights but it causes extra pain.
- c) Pain prevents me lifting heavy weights off the floor.
- d) Pain prevents me lifting heavy weights off the floor, but I can manage if they are conveniently positioned, e.g. on a table.
- e) Pain prevents me lifting heavy weights but I can manage light to medium weights if they are conveniently positioned.
- f) I can only lift light weights at the most.

### Section 4 - Walking

- a) I have no pain walking.
- b) I have some pain on walking, but I can still walk my required to normal distances.
- c) Pain prevents me from walking long distances.
- d) Pain prevents me from walking intermediate distances.
- e) Pain prevents me from walking even short distances.
- f) Pain prevents me from walking at all.

### Section 5 - Sitting

- a) Sitting does not cause me any pain.
- b) I can sit as long as I need provided I have my choice of sitting surfaces.
- c) Pain prevents me from sitting more than 1 hour.
- d) Pain prevents me from sitting more than 1/2 hour.
- e) Pain prevents me from sitting more than 10 minutes.
- f) Pain prevents me from sitting at all.

### Section 6 - Standing

- a) I can stand as long as I want without pain.
- b) I have some pain while standing, but it does not increase with time.
- c) I cannot stand for longer than 1 hour without increasing pain.
- d) I cannot stand for longer than 1/2 hour without increasing pain.
- e) I cannot stand for longer than 10 minutes without increasing pain.
- f) I avoid standing because it increases the pain immediately.

### Section 7 - Sleeping

- a) I have no pain while in bed.
- b) I have pain in bed, but it does not prevent me from sleeping well.
- c) Because of pain I sleep only 3/4 of normal time.
- d) Because of pain I sleep only 1/2 of normal time.
- e) Because of pain I sleep only 1/4 of normal time.
- f) Pain prevents me from sleeping at all.

### Section 8 - Social Life

- a) My social life is normal and gives me no pain.
- b) My social life is normal, but increases the degree of pain.
- c) Pain prevents me from participating in more energetic activities e.g. sports, dancing.
- d) Pain prevents me from going out very often.
- e) Pain has restricted my social life to my home.
- f) I hardly have any social life because of pain.

### Section 9 - Traveling

- a) I get no pain while traveling.
- b) I get some pain while traveling, but none of my usual forms of travel make it any worse.
- c) I get some pain while traveling, but it does not compel me to seek alternative forms of travel.
- d) I get extra pain while traveling that requires me to seek alternative forms of travel.
- e) Pain restricts all forms of travel.
- f) Pain prevents all forms of travel except that done lying down.

### Section 10 - Employment/Homemaking

- a) My normal job/homemaking duties do not cause pain.
- b) My normal job/homemaking duties cause me extra pain, but I can still perform all that is required of me.
- c) I can perform most of my job/homemaking duties, but pain prevents me from performing more physically stressful activities e.g. lifting, vacuuming, etc.
- d) Pain prevents me from doing anything but light duties.
- e) Pain prevents me from doing even light duties.
- f) Pain prevents me from performing any job or homemaking chore.

**Low Back Pain and Disability Questionnaire**  
**(Roland Morris)**

1.  I stay at home most of the time because of the pain in my back.
2.  I change position frequently to try and make my back comfortable.
3.  I walk more slowly than usual because of the pain in my back.
4.  Because of the pain in my back, I am not doing any of the jobs that I usually do around the house.
5.  Because of the pain in my back, I use a handrail to get upstairs.
6.  Because of the pain in my back, I lie down to rest more often.
7.  Because of the pain in my back, I have to hold on to something to get out of an easy chair.
8.  Because of the pain in my back, I try to get other people to do things for me.
9.  I get dressed more slowly because of the pain in my back.
10.  I only stand up for short periods of time because of the pain in my back.
11.  Because of the pain in my back, I try not to bend or kneel down.
12.  I find it difficult to get out of a chair because of the pain in my back.
13.  My back is painful almost all of the time.
14.  I find it difficult to turn over in bed because of the pain in my back.
15.  My appetite is not very good because of the pain in my back.
16.  I have trouble putting on my socks (or stockings) because of the pain in my back.
17.  I only walk short distances because of the pain in my back.
18.  I sleep less well because of the pain in my back.
19.  Because of the pain in my back, I get dressed with help from someone else.
20.  I sit down for most of the day because of the pain in my back.
21.  I avoid heavy jobs around the house because of the pain in my back.
22.  Because of the pain in my back, I am more irritable and bad tempered with people.
23.  Because of the pain in my back, I go upstairs more slowly than usual.
24.  I stay in bed most of the time because of the pain in my back.