OSWESTRY DISABILITY INDEX

Section 1: Pain intensity
I can tolerate the pain I have without having to use pain killers [0 points]
The pain is bad but I manage without taking pain killers [1 points]
Pain killers give complete relief from pain [2 points]
Pain killers give moderate relief from pain [3 points]
Pain killers give very little relief from pain [4 points]
Pain killers have no effects on the pain and I do not use them [5 points]

Section 2: Personal care
I can look after myself normally without causing extra pain [0 points]
I can look after myself normally but it causes extra pain [1 points]
It is painful to look after myself and I am slow and careful [2 points]
I need some help but manage most of my personal care [3 points]
I need help every day in most aspects of self care [4 points]
I do not get dressed wash with difficulty and stay in bed [5 points]

Section 3: Lifting
I can lift heavy weights without extra pain [0 points]
I can lift heavy weights but it gives extra pain [1 points]
Pain prevents me from lifting heavy weights off the floor but I can manage if they are conveniently positioned for example on a table [2 points]
Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned [3 points]
I can lift only very light weights [4 points]
I cannot lift or carry anything at all [5 points]
Section 4: Walking (bad question)
Pam does not prevent me walking any distance. [0 points]
Pam prevents me walking more than 1 mile [1 points]
Pam prevents me walking more than 0.5 miles [2 points]
Pam prevents me walking more than 0.25 miles [3 points]
I can only walk using a stick or crutches [4 points]
I am in bed most of the time and have to crawl to the toilet [5 points]

Section 5: Sitting ("Favorite chair" includes a recliner)
I can sit in any chair as long as I like [0 points]
I can only sit in my favorite chair as long as I like [1 points]
Pam prevents me sitting more than 1 hour [2 points]
Pam prevents me from sitting more than 0.5 hours [3 points]
Pam prevents me from sitting more than 10 minutes [4 points]
Pam prevents me from sitting at all [5 points]

Section 6: Standing (Remember, standing is NOT walking)
I can stand as long as I want without extra pain [0 points]
I can stand as long as I want but it gives me extra pain [1 points]
Pam prevents me from standing for more than 1 hour [2 points]
Pam prevents me from standing for more than 30 minutes [3 points]
Pam prevents me from standing for more than 10 minutes [4 points]
Pam prevents me from standing at all [5 points]

Section 7: Sleeping
Pam does not prevent me from sleeping well [0 points]
I can sleep well only by using tablets [1 points]
Even when I take tablets I have less than 6 hours sleep [2 points]
Even when I take tablets I have less than 4 hours sleep [3 points]
Even when I take tablets I have less than 2 hours of sleep [4 points]
Pam prevents me from sleeping at all [5 points]
Section 8: Sex Life (by pain = for fear of causing pain)

My sex life is normal and causes no extra pain [0 points]
My sex life is normal but causes some extra pain [1 points]
My sex life is nearly normal but is very painful [2 points]
My sex life is severely restricted by pain [3 points]
My sex life is nearly absent because of pain [4 points]
Pain prevents any sex life at all [5 points]

Section 9: Social Life

My social life is normal and gives me no extra pain [0 points]
My social life is normal but increases the degree of pain [1 point]
Pain has no significant effect on my social life apart from limiting energetic interest such as dancing [2 points]
Pain has restricted my social life and I do not go out as often [3 points]
Pain has restricted my social life to my home [4 points]

Section 10: Traveling

I can travel anywhere without extra pain [0 points]
I can travel anywhere but it gives me extra pain [1 points]
Pain is bad but I manage journeys over 2 hours [2 points]
Pain restricts me to journeys of less than 1 hour [3 points]
Pain restricts me to short necessary journeys under 30 minutes [4 points]
Pain prevents me from traveling except to the doctor or hospital [5 points]

Reference:

Jeremy C T Farbank, Paul B Pynsent, The Oswestry Disability Index, Spine, Lippincott Williams & Wilkins, Inc, 12107 Insurance Way, Hagerstown, MD 21740, Volume 25, No 22, 2000, page - 2940 – 2953