

Name: _____

Date: ____/____/____

Revised Oswestry: Please choose the one choice that best describes your **Back pain** today:

Please rate the severity of your pain by circling a number: **no pain 0 1 2 3 4 5 6 7 8 9 10 Unbearable**

Pain Intensity

- A. Pain comes and goes and is mild.
- B. Pain is mild and does not vary.
- C. Pain comes and goes and is moderate
- D. Pain is moderate and does not vary much.
- E. Pain comes and goes and is severe.
- F. Pain is severe and does not vary much.

Personal Care:

- A. Does not change habits to avoid pain
- B. Does not change habits; same pain.
- C. Does not change habits; increases pain.
- D. Changes habits; increases pain.
- E. Unable to do some personal care without help.
- F. Unable to wash or dress without help.

Lifting:

- A. Lifts heavy weight with no pain.
- B. Lifts heavy weight with pain.
- C. Cannot lift heavy weights off the floor.
- D. Can lift heavy weights from a table.
- E. Can lift lift weights form table.
- F. Can lift only very light weights.

Walking:

- A. Pain does not prevent walking.
- B. Cannot walk more than one mile.
- C. Cannot walk more than 1/2 mile.
- D. Cannot walk more than 1/4 mile.
- E. Can walk only with crutches.
- F. Bedridden and must crawl to the toilet.

Sitting:

- A. Can sit in any chair as long as desired.
- B. Can sit only in the favorite chair as long as desired.
- C. Can sit no more than 1 hour.
- D. Can sit no more than 1/2 hour.
- E. Can sit no more than 10 minutes
- F. Cannot sit at all due to pain.

Standing:

- A. Can stand for an unlimited time without pain.
- B. Some pain standing; no increase with time.
- C. Cannot stand more than 1 hour.
- D. Cannot stand more than 1/2 hour.
- E. Cannot stand more than 10 minutes.
- F. Cannot stand at all.

Sleeping:

- A. No pain in bed.
- B. Gets pain in bed, but sleeps well.
- C. Normal night's sleep reduced by 1/4.
- D. Normal night's sleep reduced by 1/2.
- E. Normal night's sleep reduced by 3/4.
- F. Cannot sleep at all.

Traveling:

- A. Travel without pain.
- B. Travel causes some pain; not made worse.
- C. Causes extra pain; no change in form.
- D. Causes pain; uses alternative travel.
- E. Pain restricts all forms of travel
- F. Pain restricts travel except lying down.

Social:

- A. Normal and causes no pain.
- B. Normal but causes extra pain
- C. Limits energetic interests.
- D. Pain limits; doesn't go out as often.
- E. Pain restricted social life to home.
- F. Pain restricts all social life.

Changing Degree of Pain:

- A. Pain is rapidly improving
- B. Pain fluctuates but is improving.
- C. Improvement is slow.
- D. Pain level is unchanged.
- E. Pain is gradually worsening.
- F. Pain is rapidly worsening.