



Oswestry Disability Questionnaire – Modified Scoring

This questionnaire is used to determine how much your back or sciatic pain is affecting your life, or how disabled you are because of it. For the ease of scoring, we (Achieva Rehab) modified it just for the sake of providing a demonstration as to how much you might be losing because of your pain. Please choose the number which **most clearly describes your problem**.

Section 1: Pain Intensity

0. I have no pain at the moment
1. The pain is very mild at the moment
2. The pain is moderate at the moment
3. The pain is fairly severe at the moment
4. The pain is very severe at the moment
5. The pain is the worst imaginable at the moment

Section 2: Personal Care (eg. washing, dressing)

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

Section 3: Lifting

0. I can lift heavy weights without extra pain
1. I can lift heavy weights but it gives me extra pain
2. Pain prevents me lifting heavy weights off the floor but I can manage if they are conveniently placed (eg. on a table)
3. Pain prevents me lifting heavy weights but I can manage light to medium weights if they are conveniently positioned
4. I can only lift very light weights
5. I cannot lift or carry anything

Section 4: Walking*

0. Pain does not prevent me walking any distance
1. Pain prevents me from walking more than 1 mile
2. Pain prevents me from walking more than ½ mile
3. Pain prevents me from walking more than 100 yards
4. I can only walk using a stick or crutches
5. I am in bed most of the time

Section 5: Sitting

0. I can sit in any chair as long as I like
1. I can only sit in my favorite chair as long as I like
2. Pain prevents me sitting more than one hour
3. Pain prevents me from sitting more than 30 minutes
4. Pain prevents me from sitting more than 10 minutes
5. Pain prevents me from sitting at all

Section 6: Standing

0. I can stand as long as I want without extra pain
1. I can stand as long as I want but it gives me extra pain
2. Pain prevents me from standing for more than 1 hour
3. Pain prevents me from standing for more than 30 minutes
4. Pain prevents me from standing for more than 10 minutes
5. Pain prevents me from standing at all

Section 7: Sleeping

0. My sleep is never disturbed by pain
1. My sleep is occasionally disturbed by pain
2. Because of pain I have less than 6 hours sleep
3. Because of pain I have less than 4 hours sleep
4. Because of pain I have less than 2 hours sleep
5. Pain prevents me from sleeping at all

Section 8: Social Life

0. My social life is normal and gives me no extra pain
1. My social life is normal but increases the degree of pain
2. Pain has no significant effect on my social life apart from limiting my more energetic interests e.g. sport
3. Pain has restricted my social life and I do not go out as often
4. Pain has restricted my social life to my home
5. I have no social life because of pain

Section 9: Traveling

0. I can travel anywhere without pain
1. I can travel anywhere but it gives me extra pain
2. Pain is bad but I manage journeys over two hours
3. Pain restricts me to journeys of less than one hour
4. Pain restricts me to short necessary journeys under 30 minutes
5. Pain prevents me from travelling except to receive treatment

Scoring the questionnaire

Score: patient score divided by 45 x 100 = %

- What Your Score Means:
- **0%-20%: Minimal disability**
 - This group can cope with most living activities. Usually no treatment is indicated, apart from advice on lifting, sitting posture, physical fitness, and diet. In this group some patients have particular difficulty with sitting, and this may be important if their occupation is sedentary, e.g., a typist or truck driver.
- **20%-40% Moderate disability**
 - This group experiences more pain and problems with sitting, lifting, and standing. Travel and social life are more difficult and they may well be off work. Personal care and sleeping are not grossly affected, and the back condition can usually be managed by conservative means.

- **40%-60%: Severe disability**
 - Pain remains the main problem in this group of patients, but travel, personal care, social life, and sleep are also affected. These patients require detailed investigation.
- **60%-80%: Crippled**
 - Back pain impinges on all aspects of these patients' lives—both at home and at work—and positive intervention is required.
- **80%-100%**
 - These patients are either bed-bound or exaggerating their symptoms. This can be evaluated by careful observation of the patient during medical examination