

Oswestry (Back/Hip) Revised Questionnaire

Index
Score

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Name: _____

Date: _____

Section 1 – 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.

Section 6 – Standing

- A. Can stand for an unlimited time without pain.
- B. Some pain standing/doesn't increase with time.
- C. Cannot stand for more than 1 hour.
- D. Cannot stand for more than ½ hour.
- E. Cannot stand more than 10 minutes.
- F. Cannot stand at all.

Section 2 – Personal Care

- A. Does not change habits to avoid pain.
- B. Does not change habits/some 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.

Section 7 – Sleeping

- A. No pain in bed.
- B. Gets pain in bed, but sleeps well.
- C. Normal sleep reduced by ¼.
- D. Normal night's sleep reduced by ½.
- E. Normal night's sleep reduced by ¾.
- F. Cannot sleep at all due to pain.

Section 3 – Lifting

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

Section 8 – Traveling

- A. Travel without pain.
- B. Travel causes some pain, but not made worse.
- C. Causes extra pain/No change in form.
- D. Causes pain/Uses alternate travel.
- E. Pain restricts all forms of travel.
- F. Pain restricts travel except lying down.

Section 4 – Walking

- A. Pain does not prevent walking.
- B. Cannot walk more than one mile.
- C. Cannot walk more than ½ mile.
- D. Cannot walk more than ¼ mile.
- E. Can walk only with crutches.
- F. Bedridden and must crawl to the toilet.

Section 9 – 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.

Section 5 – Sitting

- A. Can sit in any chair as long as desired.
- B. Can sit only in favorite chair as long as desired.
- C. Can sit no more than 1 hour.
- D. Can sit no more than ½ hour.
- E. Can sit no more than 10 minutes.
- F. Cannot sit at all due to pain.

Section 10 – Changing

- 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.